

Gratitude Bingo

Express gratitude all day

Reflect on a memory you were later grateful for

List two things that make you happy

Call a friend to say thanks for being there

Tell loved one why you are grateful for them

Go one day without complaining

Show appreciation

Give thanks to nature during a walk

Leave a positive review

Thank a favorite teacher

Share a social media shout out

Share a story you're thankful for

Take 10 deep breaths

Repeat 3 times—"I am grateful for today"

Listen to music that invokes gratitude

Give a thank you surprise

Create a gratitude game and play

Text a thank you .gif to someone

Watch a movie that makes you feel grateful

Start a meeting by expressing gratitude

Give someone grace

Write a top 10 "grateful for" list

Thank someone with a warm beverage

Write someone a thank you note

Commit to practicing gratitude all year

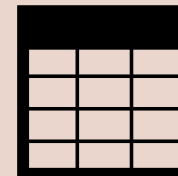


Recipe for Gratitude

On a piece of paper, write down the date and what you are grateful for that day. Continue throughout the year and read each one on a family holiday or when you need a boost.

Gratitude Counter

Track your gratitude by checking a square once you've shared a thank you with someone.



Gratitude Prompts

Each day, practice gratitude by jotting down your response to one of these journal prompts.

IN THE MORNING, PICK ONE AND REFLECT...

What 5 things are you looking forward to?

How do you plan to show gratitude today?

What 3 talents are you grateful for?

What about your career are you most grateful for?

What made you laugh yesterday?

What 5 things do you love about your team?

What do you really appreciate about your life?

AT DAY'S END, PICK ONE AND REFLECT...

Who showed unconditional love today?

What is one nice thing you did today?

What in your life are you happy to have let go?

What 3 things made you happy today?

What do you really appreciate about your life?

Name one thing that makes your life easier?

How many times did you hear "thank you" today?