

## Who and what am I grateful for?

Who and what are you grateful for? Have you shared with the people you are grateful for? You could complete this sheet each day, each week or at a time that works for you! The most important thing is that it comes from your heart!

The people in my life I am grateful for are...

The experiences I am grateful for include...

I am grateful that my body...

I am grateful for my...

I want to let the following people know how grateful I am...

**The next step is up to you** - remember Lao Tzu's quote - "To know and to not yet do, is to not yet know".