

## 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".

Alternatively - you can write freely in relation to the question - What am I grateful for in my life? As you are writing make sure you are specific - contemplate the relationships you have, the skills you have developed, the food to eat, a roof over your head, clothes to wear, realisations you have had, the nature that is around you. Once you have identified all of these things, you may like to ask - what emotional benefits do each of these things bring me?

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