

# GRATITUDE

**What is Gratitude?** Gratitude means feeling thankful for the good things in your life. This can be anything from people who support you, like your family and friends, to things you enjoy, like a sunny day, a favorite activity, or a fun moment in martial arts class. Practicing gratitude helps us notice and appreciate the positive things around us.

## Why Should We Practice Gratitude?

Practicing gratitude helps us focus on what we have instead of what we don't have. It reminds us of all the things that make our lives better. When we're grateful:

**We Feel Better:** Gratitude lifts our mood and helps us feel more positive.

**We Grow as Leaders:** Gratitude helps us support and encourage others. Strong leaders know that showing appreciation helps others feel valued.

**We Build Resilience:** Being grateful for small things can help us handle challenges with more strength. By seeing the positive even in difficult moments, we become more resilient and ready to face life's ups and downs.

## DAILY GRATITUDE

Write down 3 things you are grateful for.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Write down 3 people you are grateful for.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Write down 3 qualities you love about yourself.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What are 2 difficult situations or people in your life, and what good things are you learning from these challenges.

1. \_\_\_\_\_

I'm learning \_\_\_\_\_

2. \_\_\_\_\_

I'm learning \_\_\_\_\_

## BEST PART OF YOUR DAY

What is one moment from your day that made you happy?

\_\_\_\_\_

## FAMILY DISCUSSION

As a family, find things you are grateful for. Check off each item as you complete them.

## GRATITUDE SCAVENGER HUNT

- ☐ Find something you are grateful for outside.
- ☐ Find something you are grateful for in your house.
- ☐ Find something you eat that tastes good.
- ☐ Find something that smells good.
- ☐ Find something that reminds you of a loved one.
- ☐ Find something that sounds beautiful.
- ☐ Find something that is your favorite color.
- ☐ Find something that makes you smile.
- ☐ Find something that makes someone else smile.
- ☐ Find something that you can share with someone.

Discuss and write down 5 things you are grateful for as a family:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_