

# ATTITUDE OF GRATITUDE

BE GRATEFUL FOR ALL OF THE THINGS AROUND YOU, INCLUDING YOURSELF!  
CHECK OFF AS MANY BOXES AS YOU CAN THROUGHOUT THIS MONTH.

**Call someone  
you love**

**De-clutter  
your desk**

**Make a list of  
your goals**

**Practice being  
present**

**Give yourself a  
pep-talk**

**Eat lunch with  
a friend or  
co-worker**

**Send an  
encouraging text  
to 5 people**

**Volunteer in the  
community**

**Go somewhere  
you haven't been  
before**

**Bring your  
neighbor's trash  
can in**

**Take your pet  
for a long walk**

**Hold the door  
for someone  
behind you**

**Double your  
waiter's tip**

**Buy a coffee for a  
co-worker**

**Turn your phone  
off during dinner**

**Write a friend a  
note or letter**

NAME: \_\_\_\_\_