

# GRATITUDE WORK

Practice Gratitude and  
Reflect on Your Blessings



# Gratitude Work

*Practicing gratitude helps you focus on the positive aspects of your life.*

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## Daily Gratitude Prompts

1. What are three things you're grateful for today?
  2. Who made a positive impact on your life recently, and why?
  3. What is one challenge that taught you something valuable?
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## Weekly Gratitude Reflection

### Exercise:

- At the end of each week, reflect on these questions:
  1. What moment brought you the most joy this week?
  2. How did practicing gratitude affect your mood or outlook?

### Bonus Exercise:

Write a thank-you note to someone who has made a difference in your life.

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