

## Build Gratitude

### KEEP IT PERSONAL

When you think about what you're grateful for, focus on the people who have a positive impact rather than things you have. Think about others' support, sacrifices, and contributions.

**What are you grateful for?**

Use the tips on this sheet to help you focus on the good things in your life for which you feel gratitude.

### START WITH A GOAL

Set a positive, grateful goal in a personal or classroom journal. Using a journal to feel more satisfied and joyful helps add value to the journaling.

**What's your positive, grateful goal?**

### FAVOR DEPTH OVER BREADTH

Elaborate deeply about one thing instead of focusing at the surface level of multiple things. Focus on what is surprising and unexpected. Think of facts about your life, such as advantages and opportunities.

**What are you focusing on?**

### USE A TAKE-AWAY-THE-GOODNESS STRATEGY

Reflect on what your life would be like without a certain positive event (versus all the positives).

**What would your life be like without this positive event?**

### REFLECT ON THE GOOD THINGS WEEKLY

When you expect a good thing every day, it can lose its impact, so write just once a week about something that is good and valuable in your life and for which you're thankful.

**What are you grateful for this week?**