

# Gratitudes



## Week Two

Some days, it's difficult to find the "good" in your day. Nevertheless, there is a positive concept in every single day. A beneficial part of discovering something good in your day is expressing gratitude toward someone else. When we show gratitude toward someone else through our day, it creates space to provide a positive experience for ourselves, and someone else. Let's think of someone who you are grateful for. Showing someone else gratitude can be a way to scan for positives in your day.

Today, we are going to practice gratitudes by writing a positive email. We are going to let someone that we care about know that we are grateful to them. You can write specifics of why you are thankful, or you can simply say "Thank you" and sign your name.

Who? \_\_\_\_\_

Why? \_\_\_\_\_

Example Sentence Frames:

Thank you so much for \_\_\_\_\_

I am so thankful for \_\_\_\_\_

Thank you for being there for me when \_\_\_\_\_

### *Weekly To-Do's:*

1. Continue with your twenty-one day Gratitude challenge
2. Make sure to use the Gratitude Journal to track your progress

### Alternative Discussion

- Is it easy to think of someone to be thankful for?
- Is there a person you think is thankful for you?
- What do you think happens when you show gratitude to someone?
- Who becomes happier when you give gratitude? The giver or the receiver?