# SONS TO BE CRATELLE

a gratitude list to cultivate





# Thank You!

Thank you for downloading this resource!

I love creating tools that invite young people to voice and shape their authentic, strong, vulnerable, and brave selves.

I hope that you and the young people you support enjoy this product. Please don't hesitate to contact me with any questions or concerns at: wholeheartedschoolcounseling@gmail.com

#### JOY TO YOU!

## Why Practice Gratitude...

As the research tells us, practicing gratitude is not only a positive mindful coping tool but it also helps us to cultivate joy and balance. Focusing on what we are thankful for increases feel-good emotions, helps us to be more present in the here and now, improves sleep, and can even strengthen our immune system, making us not only more emotionally healthy but physically healthy as well.

## You May Also Like...

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For a fun & engaging game that is all about gratitude, check out the Gratitude Card Game. This Positive Psychology Counseling Intervention tool is perfect for rapport-building and starting meaningful conversations. The prompts invite players to reflect on what is already working and good in their lives. Playing this game is also a great relationship-builder; helping new students in a class or members of a small group to get to know each other better, all the while focusing on the positive and feelings of joy and happiness. The Gratitude Card Game provides lots of fun for not only counseling groups, individual and family therapy sessions and classrooms, but also



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# My Gratitude List

- I. A strength of mine for which I am grateful for is
- 2. Something that money can't buy for which I am grateful for is
- 3. A person who makes me laugh for whom I am grateful for is
- 4. A relationship that I'm grateful for is
- 5. A personal characteristic of mine that I'm grateful for is
- 6. A moment that I am grateful for is
- 7. A historical figure I am grateful for is
- 8. Something that grows that am grateful for is
- 9. Something that helps me feel better that I am grateful for is
- 10. Something interesting that I am grateful for is
- II. Something that happened this past week that I am grateful for is
- 12. Someone who listens to me for whom I am grateful for is
- I3. Something that I am looking forward to that I am grateful for is

# My Gratitude List

- 14. I am grateful for my body because
- 15. A goal that I am grateful for is
- 16. I am grateful to know about
- 17. Something silly I am grateful for is
- 18. Something in nature I am grateful for is
- 19. A song I am grateful for is
- 20. A game I am grateful for is
- 21. A sound I am grateful for is
- 22. A taste I am grateful for is
- 23. A memory I am grateful for is
- 24. Foods I am grateful for are
- 25. A color I am grateful for is
- 26. A friend I am grateful for is

# My Gratitude List

- 27. A book I am grateful for is
- 28. A talent of mine I am grateful for is
- 29. An emotion I am grateful for is
- 30. Technology I am grateful for is
- 31. A teacher I am grateful for is
- 32. I am grateful for my family because
- 33. I am grateful for my friends because
- 34. A movie I am grateful for is
- 35. Something that is quiet that I am grateful for is
- 36. A kind act I am grateful for is
- 37. I am grateful that I can
- 38. Something that happened today for which I am grateful for is
- 39. Someone who has helped me for whom I am grateful for is

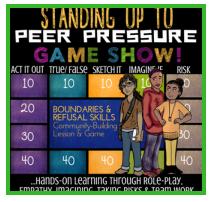
# My Gratitude List

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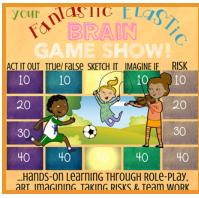
- 40. An experience that I am grateful for is
- 41. Something that makes me smile that I am grateful for is
- 42. Something that I have accomplished that I am grateful for is
- 43. During spring I am grateful for
- 44. During the summer I am grateful for
- 45. During the fall I am grateful for
- 46. During the winter I am grateful for
- 47. Something that helps me feel strong that I am grateful for is
- 48. A gift I am grateful for is
- 49. A place I am grateful for is
- 50. A challenge I am grateful for is

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