

Date: _____

Self-Reflection Activity: Gratitude

Gratitude is an emotional state that we feel in response to positive experiences, gifts, and the kindness of others. People who have a *grateful disposition* can easily (1) recognize the roles of other people's kindness in their positive experiences and (2) respond with grateful emotion.

Think about your experiences **in the past 7 days**. Was it easy for you to recognize other people's kindness and respond with gratitude last week? On a **scale from 1-10** (1 = strongly disagree, 10 = strongly agree), rate how much you agree with each of the following statements to identify your current thoughts, feelings, and behaviors related to *gratitude*.

Rating

- _____ 1. I had so much in life to be thankful for last week.
- _____ 2. If I had to list everything that I felt grateful for last week, it would be a very long list.
- _____ 3. When I looked at the world last week, I saw much to be grateful for.
- _____ 4. I was grateful to a wide variety of people last week.
- _____ 5. As I get older, I find myself more able to appreciate the people, events, and situations that have been part of my life history.
- _____ 6. During the last week, I often felt grateful to something or someone.

Digging Deeper

Based on your ratings above, how satisfied are you with the way you exhibit gratitude? Explain.

Let's practice gratitude. What are you grateful for? To whom?

How do you typically express gratitude in day-to-day life?

Consider a past or current role model/mentor. What is admirable about the way they express gratitude?

What are one or two small steps you might take to become a more grateful person?

The Extra Mile

If you feel up to the challenge, we invite you to tackle one of the following growth activities. These may take more time or push you out of your comfort zone, but meaningful engagement is a worthy investment. Good luck!

1. In a journal or on a separate piece of paper, write about a time this week when you *did not* demonstrate gratitude. What were some outcomes? Would you do anything differently next time?
2. Each day for the next week, write down three good things that happened to you and identify who or what caused those things.
3. Think of someone for whom you are very grateful. By text, email, phone call, or hand-written letter, take time to express your gratitude.