



Showing Gratitude

Success begins with a plan. We've provided a few ideas to get you started. Complete this template to create your action plan for Showing Gratitude. Then follow the steps you've defined to achieve your goal.

Name:

Date:

My goal is to:

I will complete my goal by: (date)

I will know I've achieved my goal when:

GRATITUDE TIP:

Start your day with an attitude of gratitude. Take one minute each morning to find three things you are grateful for in your life.

I am working on this goal with: (add names)

Specific steps I will take to reach my goal:

Resources I can use:

I will complete this step by: (date)

1. Learn more about gratitude	<u>The Science Behind Gratitude</u>	
2. Assess your current level of gratitude	<u>Gratitude Quiz</u>	
3.		
4.		
5.		

When I started counting my blessings, my whole life turned around. – Willie Nelson