

# Attitude of Gratitude Challenge Prompts

1. Now that you have talked (out loud!) about something that you have to be grateful for, how are you feeling? Better than before you started this lesson?

---

---

---

---

---

---

---

---

---

---

2. What areas of your life do you think you need to start displaying your attitude of gratitude in? What areas would see the biggest happiness jump?

---

---

---

---

---

---

---

---

---

---