



Focus on your gratitude: Worksheet

APPRECIATING YOUR LIFE	APPRECIATING PEOPLE'S ABILITIES	APPRECIATING YOUR OWN TALENTS
List five things you're most grateful for in your life right now.	List five people who have Unique Abilities you appreciate.	List five qualities you are known for.

APPRECIATING OPPORTUNITIES	APPRECIATING YOUR GROWTH	SHARING YOUR GRATITUDE
List three opportunities in your life you want to take advantage of.	List three qualities you want to develop over the next 12 months.	List three actions you can take to share your gratitude with others.