



Gratitude: List 10 Things You are Thankful for in Life

Writing down what you are grateful for in your life is an exercise of clarification. You internally know what you are thankful, but putting your feelings into words is difficult. In Greek thankfulness and gratitude are both defined as “the giving of thanks for God’s grace”. If you look in the dictionary gratitude is not adequately defined. Why? Because gratitude is felt and experienced and fills you with joy.

Take time to list 10 things you are thankful for in life:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____