



TEACH YOURSELF
APPRECIATE

»»»»»»»»»»»»»»»» WORKBOOK 3 ««««««««««««««««



This workbook is just for you. No one else!

We recommend you use it to complete the activities you are guided through during the modules.

Ideally you will print it out and have it next to you as you work through the modules.

There is real power in writing things down both for your own clarity and in defining clear goals, we hope you take the time to do this.

"It is not joy that makes us grateful it is being grateful that makes us joyful"

Your Gratitude MOT



Personal Reflection 1

How often do you take time to be grateful?

How often do you feel gratitude is expressed to you? This may be at home or at work.



Personal Reflection 1

How often do you express gratitude to the people in your life?

Do you have an opportunity to express more gratitude? If so, which areas spring to mind?



Personal Reflection 2

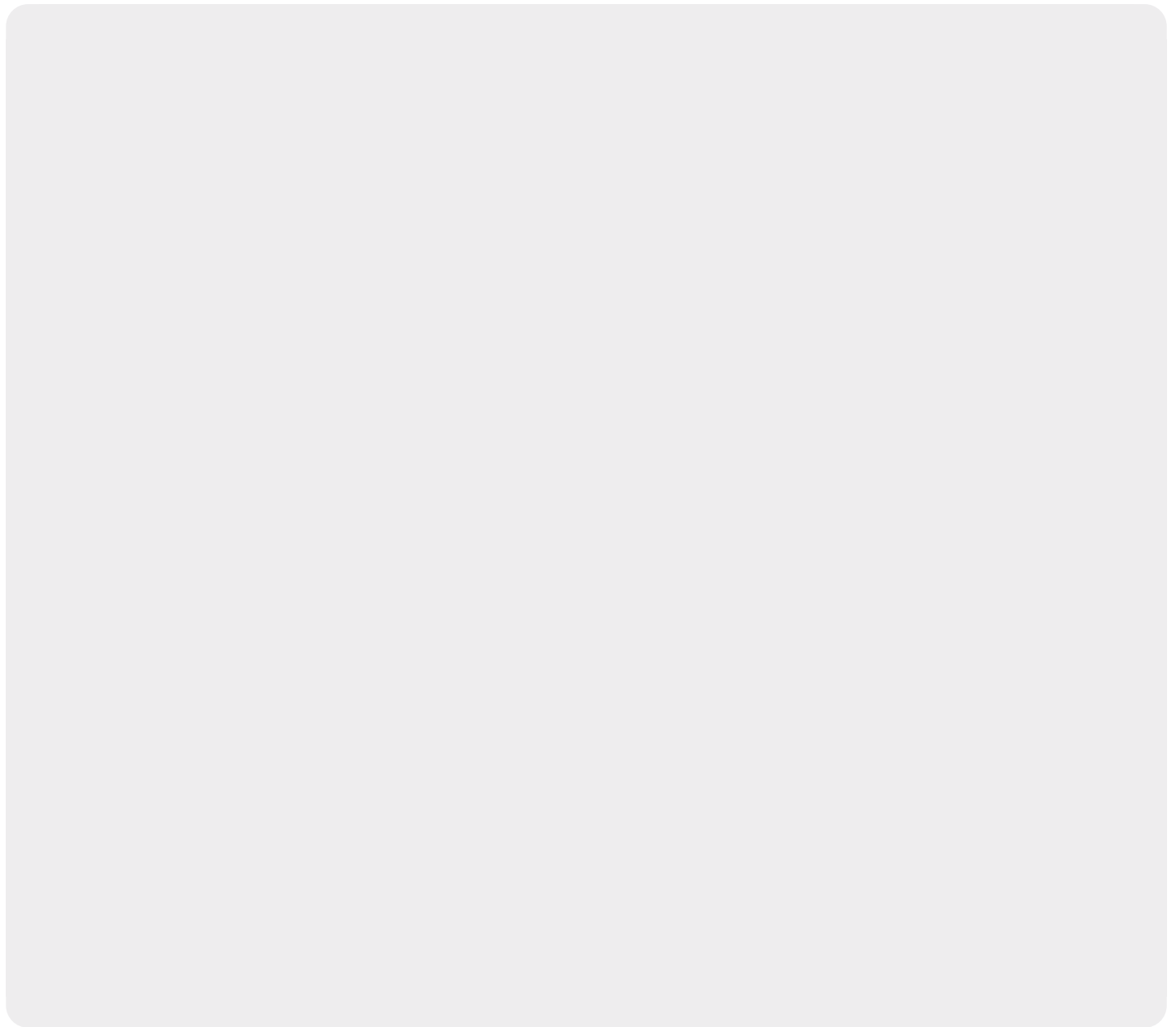
List the people in your life that you feel grateful for and why.

A large, empty, light gray rectangular area intended for writing the reflection.



Personal Reflection 2

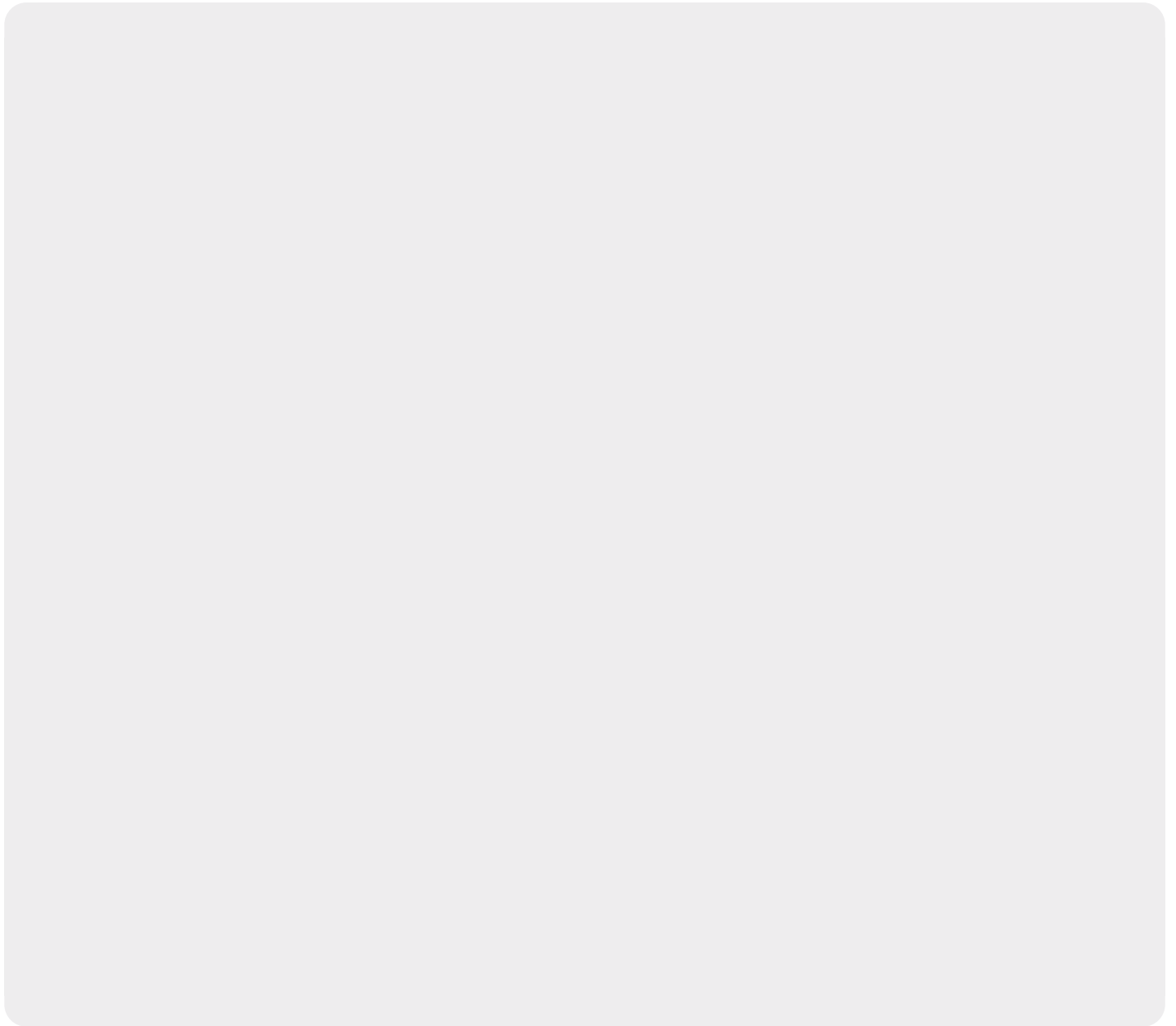
List the experiences in your life you feel grateful for and why? You may choose experiences you have had over the last couple of weeks. It could be as simple as meeting a friend for a coffee!





Personal Reflection 2

List some things that you are grateful for about yourself. Stuck on this one? Think about your character strengths, how have they helped you?



My action plan



Try and challenge yourself to think about 3 things you are grateful for at the end of each day. This could be an experience, another person or something you have done for yourself.

Try and capture at least 1 thing you are grateful to someone else for and make a plan to tell them.

We have prepared a worksheet below to help you with this, print it out and try and remember to use it!



MY GRATITUDE DIARY

CAPTURE 3 THINGS YOU ARE GRATEFUL FOR, AND 1 PERSON YOU ARE GRATEFUL FOR, REMEMBER TO CAPTURE WHY!

MONDAY

TUESDAY

WEDNESDAY


THURSDAY

FRIDAY

SATURDAY

SUNDAY

HOW DID I DO THIS WEEK?





*"Gratitude helps you see what is there
instead of what isn't there"*

