

Four Weeks OF GRATITUDE

Choose at least 3 things to accomplish each week.

WEEK ONE: Gratitude For Family And Friends

- Send a thank you card or write a letter of appreciation
- Tell someone you love them or give someone a hug who needs it
- Show gratitude for your family's home by taking time to clean and organize it
- Call a relative or friend and ask about their life - be an active listener
- Read "Gratitude: A Path to Happiness" by Bonnie D. Parkin as a family
- Give a genuine compliment or write a letter of encouragement
- Talk with your family the things you are each grateful for
- Celebrate someone else's joy and success as if it were your own
- Perform a random act of kindness or donate to a charity
- Create your own

WEEK THREE: Gratitude for Your Life and Body

- Show gratitude for your body by exercising and by eating nutritious foods
- Share one of your talents with someone else
- Read "What Church Leaders are Saying about the Gift of Our Bodies" on churchofjesuschrist.org
- Write about something that made you smile each day
- Make a list of good qualities you possess
- Evaluate your self-talk and make sure you are reinforcing the positive
- Create your own

WEEK TWO: Gratitude for the World around Us

- Go on a hike or take a nature walk and enjoy the surroundings
- Make a list of all the things you enjoy about nature
- Plant a native plant in your yard or in a pot in your house
- Start a recycle bin for you house or at work
- Pick up trash on your way to work (or wherever you need to go that day)
- Learn something new about the history of the United States
- Read "A Celebration of Religious Freedom" by Elder D. Todd Christofferson on churchofjesuschrist.org
- Write in your journal why you are grateful for freedom
- Create your own

WEEK FOUR: Gratitude for God

- Read "The Atonement of Jesus Christ" by Tad R. Callister on churchofjesuschrist.org
- Say a prayer of gratitude
- Sing or listen to your favorite hymn
- Find and read a scripture verse that describes God's Character
- Share your testimony with someone
- Write down one thing you can do to show God you love him
- Create your own