

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# MY GRATITUDE HAND

Each day, use the fingers of your hand to think of five people, places, or things you are grateful for in your life. Use this worksheet to write down all the things you are grateful for today.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

