

GRATITUDE

You appreciate the ever present miracle of life. You appreciate others for who they are.

You do not take anything for granted and enjoy your surroundings wherever you are. You notice other people's contributions.

[More info on Gratitude strength](http://www.viacharacter.org) www.viacharacter.org

What are the signs of being grateful?

What work or activities might suit someone who's grateful?

What advantage is there in developing gratitude?

Make a plan to become more grateful!

I'd love to be more grateful in the following situation:

This would help me to be more grateful (e.g. taking time out to notice what others do for me, slowing down, stop criticising and comparing):

When and where I'll be more grateful:

To remind yourself to do this PRINT or TAKE A PHOTO of this page.