

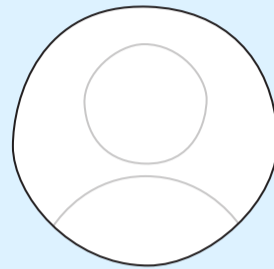
GRATITUDE MIND MAP

1

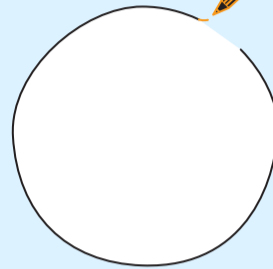
I Am Grateful for...

Pro tip: Try to draw them!

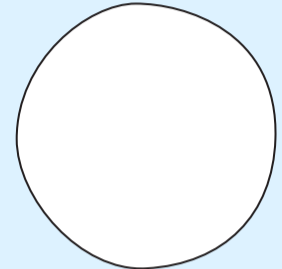
In each category, write the name of something you are profoundly grateful for.



Who



Where



What

2

Because they have these qualities...

List the qualities these things share that make you grateful for them.

Examples include: loving, intelligent, beautiful, nurturing, safe, etc.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

3

Which reminds me to be Grateful for these...

Write down other people, places, and things that share similar qualities that you may have overlooked.

People

Places

Things

