



BE THANKFUL!!!



Looking to put more GRATITUDE in your ATTITUDE? Here are some practical and simple ways to make being thankful become a part of your daily routine!

WHO AND WHAT ARE YOU THANKFUL FOR, AND WHY?

Make a list! (People, Places, Things, Experiences)

HOW CAN YOU SHOW THE PEOPLE IN YOUR LIFE THAT YOU ARE GRATEFUL FOR THEM AND WHAT THEY DO FOR YOU?

Here's some ideas (circle/highlight ones that you like):

Write 1 thing you are grateful for on a sticky note and put it somewhere easily seen.

Send a text or make a call to let someone know how much you appreciate them!

Make a point to BE PRESENT at an event or gathering for someone special in your life, to let them know how much you appreciate them!

Give something small or do a kind gesture for someone, just to show someone they are on your mind. Ex: treat to coffee, pick up dessert, offer to help with a task

PAY IT FORWARD – This is especially powerful when done for strangers – show others that you are grateful for all that you have by paying for someone ahead of you in line at lunch, the coffee shop, or wherever you can do good!

Purposefully give of your time to someone, whether it's to help with a task or simply to just sit and listen.

THANK YOU NOTES

Who has done something nice for you that you could send a note of thanks? List some people below.

THANKSGIVING SCRIPTURES

Check these out for an encouraging reminder from God's Word.

Psalm 100

1 Thessalonians 5: 16-18

Psalm 107:1

Psalm 136:1

Philippians 4: 6-7

A THANKSGIVING PRAYER

Lord, today I want to humbly thank You for all that You have done and continue to do for me each and every day. Thank you for life and laughter. Thank you for friends, family, relationships, and memories. Thank you, most of all, for the blessings I've received and the lessons that I've learned because of Your ability to grow us. Thank You for your presence in the good and the bad. Thank You for what we have now, what we had yesterday, and for what You will provide tomorrow. May I never take that for granted, but always be grateful for every good and perfect gift that comes from You. I declare that from this day forward, I will have a heart that is full of thanksgiving, a mind that is focused on the opportunities instead of the obligations, and a Spirit that allows You to work through me as I grow and learn each day. *Amen.*