



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# I AM GRATEFUL...

Use the prompts below to identify what you are most grateful for in your life.  
When we write things down, we often feel more clear-headed and insightful.

Write as many answers as you can think of for each prompt.

## I AM GRATEFUL FOR MY...

**FAMILY BECAUSE:** \_\_\_\_\_

\_\_\_\_\_

**FRIENDS BECAUSE:** \_\_\_\_\_

\_\_\_\_\_

**CAREER BECAUSE:** \_\_\_\_\_

\_\_\_\_\_

**BODY BECAUSE:** \_\_\_\_\_

\_\_\_\_\_

**PAST BECAUSE:** \_\_\_\_\_

\_\_\_\_\_

**ABILITIES TO:** \_\_\_\_\_

\_\_\_\_\_

**ACCESS TO:** \_\_\_\_\_

\_\_\_\_\_

**LOVE OF:** \_\_\_\_\_

\_\_\_\_\_