

GRATITUDE CHECKLIST

DATE	ACTIVITY	✓
	THANK A FAVORITE TEACHER OR COACH	<input type="checkbox"/>
	MAKE A DONATION (CANNED GOODS, CLOTHES)	<input type="checkbox"/>
	THANK A LOVED ONE FOR ALL THEY DO	<input type="checkbox"/>
	CREATE A GRATITUDE JAR	<input type="checkbox"/>
	LEAVE A POSITIVE ONLINE REVIEW	<input type="checkbox"/>
	WRITE A LETTER TO A DISTANT RELATIVE	<input type="checkbox"/>
	GO ON A GRATITUDE WALK WITH A FRIEND	<input type="checkbox"/>
	GIVE A DESERVING SHOUT-OUT	<input type="checkbox"/>
	PRACTICE A GRATITUDE MEDITATION BEFORE BED	<input type="checkbox"/>
	GO A DAY WITHOUT COMPLAINING	<input type="checkbox"/>
	TELL SOMEONE WHAT MAKES THEM AWESOME	<input type="checkbox"/>
	WRITE A THANK YOU NOTE TO A FRIEND	<input type="checkbox"/>
	GIVE SOMEONE A GENUINE COMPLIMENT	<input type="checkbox"/>
	FILL OUT A GRATITUDE JOURNAL EVERY MORNING	<input type="checkbox"/>
	PERFORM A RANDOM ACT OF KINDNESS	<input type="checkbox"/>
	SHARE A GRATITUDE AT DINNER	<input type="checkbox"/>

Thank you

