



## CLASS 16 | GRATEFUL THINKING WORKSHEET

### Grateful Thinking Examples Worksheet

**Directions:** Here are some samples of Grateful Thinking statements. Use this worksheet to discuss the activity with your class, and as an inspiration for creating Grateful Thinking statements. Next, use the blank lines to write your own Grateful Thinking, and then share them with each other if time allows.

#### I'm Grateful to My Brain Because ...

**“... I'm able to play chess with my grandson.”**

**“... It makes it possible for me to play the piano.”**

**“... It gave me what I needed to have a fulfilling career.”**

**“... It stores wonderful memories of special times with my family.”**

**“It lets me enjoy the simple pleasures, like the scent of a rose.”**

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