

# My GRATEFUL List



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# My GRATEFUL List: Individual List

MY GRATEFUL LIST		MY GRATEFUL LIST	
1	_____	11	_____
2	_____	12	_____
3	_____	13	_____
4	_____	14	_____
5	_____	15	_____
6	_____	16	_____
7	_____	17	_____
8	_____	18	_____
9	_____	19	_____
10	_____	20	_____

# My GRATEFUL List: Introductory Fold-out

## my GRATEFUL list

neural connections become. Writing down your gratefuls will help strengthen those neural connections, because it forces you to be very focused on the thoughts. All it takes is 8 weeks of practicing gratitude for people to start showing different brain patterns that result in enhanced empathy and happiness. The first step is to pay attention to everything you see, smell, taste, hear, and touch. Become aware of the things you normally take for granted.

### GRATITUDE

Gratitude is not a trait we're born with, but rather a mindset that can be consciously trained. While most people think of gratitude as the feeling that follows positive experiences, the truth is, it's a way of looking at life that creates happiness. Joy isn't dependent on external circumstances we can't control. Studies show that happy people are not happy because of the big things they have earned,

purchased, or accomplished: the high-power job, the beautiful partner, the big house. They are happy because they have learned to appreciate and enjoy little things throughout their day. We can actively choose to be happy by practicing gratitude. Every time you pay attention and focus on the things you appreciate your brain is creating new neural pathways that eventually become automatic. The longer you extend the thoughts and feelings of gratitude, the stronger the

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It's easy to get caught up in all of the frustrations and disappointments that are part of normal daily life. Use meal time to talk about what you appreciate most in your lives. Ask or try to help each family member write twenty things they are grateful for on their own personal GRATEFUL list. Hang your lists where you will see them so that they serve as a daily reminder.





## Instructions for *My GRATEFUL List*

**MATERIALS NEEDED:** You'll need paper that is heavier-than-normal weight for printing. Staples has a great Professional Business paper by HP that is 48 lbs and prints beautiful colors on most home printers. You'll also need scissors, a glue stick, a hole-punch, a table knife, tape, and some 1/4-3/8-inch ribbon (12 inches per List). A glass jar or container with an opening at least 3 1/2 inches wide is optional, to store the GRATEFUL Lists.



1.

1. Print 1 copy of page 3 (the fold-out introduction) and page 4 (the jar label) and enough Grateful Lists (page 2) so that each member of the family has their own. Cut out all pieces, just inside the dotted outlines.



2.

2. Fold each of the GRATEFUL Lists in half lengthwise, crease the fold with your thumbnail or the smooth edge of a table knife, and glue the two halves together. Place them under a heavy book for at least 30 minutes to flatten. Punch holes in the two top corners and string the 12-inch ribbon through the holes from the back to the front and tie knots 1 1/2 inches from the end. Trim the end of the ribbon neatly at an angle (to prevent fraying), about 3/4 to 1 inch below the knot.



3.

3. Glue the two pieces of art from page 3 together using the blank tab, as shown in image #3.



4.

4. Fold the artwork in accordion style (image #4). Crease the folds with your thumbnail or a table knife.



5.

5. Fold back the two printed end sections and glue them as shown in image #5. Put under a heavy book for at least 30 minutes to flatten.



6.

6. Tape (double sided is best) the label to the jar.