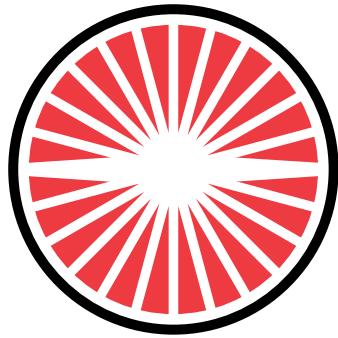


Name: _____



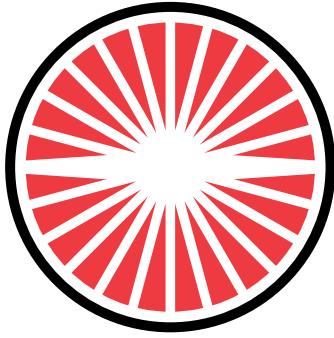
THE GRATITUDE GAME

Rules:

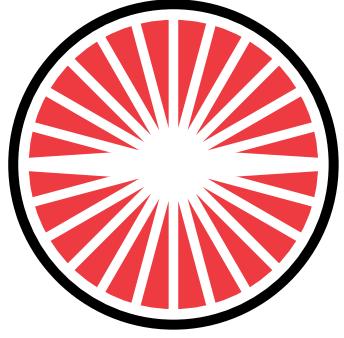
- The gratitude game is a simple way to positively shift focus among a group of people.
- Record 100 things you are truly grateful for in your life (this is a form-fillable PDF document).
- Vary your answers: Don't enter 2 items in a row from the same general topic or category.
- Be authentic: Have a reason why you are grateful for each item (don't just go through a dictionary!).
- Submit the completed form before the deadline to have your name entered in the draw for a PRIZE!

1. I'm grateful for _____ because _____
2. I'm grateful for _____ because _____
3. I'm grateful for _____ because _____
4. I'm grateful for _____ because _____
5. I'm grateful for _____ because _____
6. I'm grateful for _____ because _____
7. I'm grateful for _____ because _____
8. I'm grateful for _____ because _____
9. I'm grateful for _____ because _____
10. I'm grateful for _____ because _____
11. I'm grateful for _____ because _____
12. I'm grateful for _____ because _____
13. I'm grateful for _____ because _____
14. I'm grateful for _____ because _____
15. I'm grateful for _____ because _____
16. I'm grateful for _____ because _____
17. I'm grateful for _____ because _____
18. I'm grateful for _____ because _____
19. I'm grateful for _____ because _____
20. I'm grateful for _____ because _____
21. I'm grateful for _____ because _____
22. I'm grateful for _____ because _____
23. I'm grateful for _____ because _____
24. I'm grateful for _____ because _____
25. I'm grateful for _____ because _____

Share this game with friends or family. The more people are grateful - the happier our world will be!



THE GRATITUDE GAME

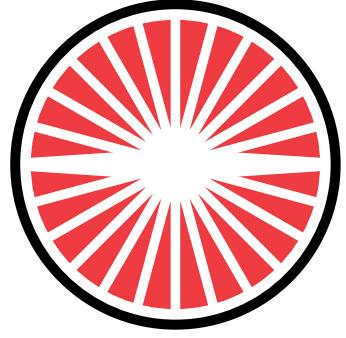


26. I'm grateful for _____ because _____
27. I'm grateful for _____ because _____
28. I'm grateful for _____ because _____
29. I'm grateful for _____ because _____
30. I'm grateful for _____ because _____
31. I'm grateful for _____ because _____
32. I'm grateful for _____ because _____
33. I'm grateful for _____ because _____
34. I'm grateful for _____ because _____
35. I'm grateful for _____ because _____
36. I'm grateful for _____ because _____
37. I'm grateful for _____ because _____
38. I'm grateful for _____ because _____
39. I'm grateful for _____ because _____
40. I'm grateful for _____ because _____
41. I'm grateful for _____ because _____
42. I'm grateful for _____ because _____
43. I'm grateful for _____ because _____
44. I'm grateful for _____ because _____
45. I'm grateful for _____ because _____
46. I'm grateful for _____ because _____
47. I'm grateful for _____ because _____
48. I'm grateful for _____ because _____
49. I'm grateful for _____ because _____
50. I'm grateful for _____ because _____

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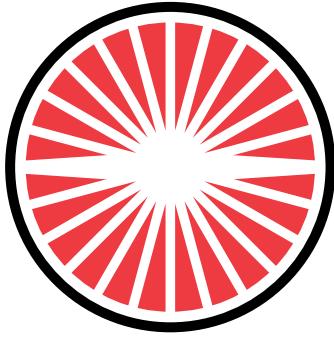


THE GRATITUDE GAME

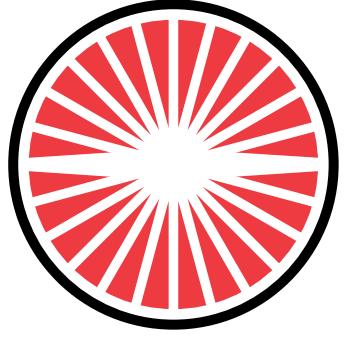


51. I'm grateful for _____ because _____
52. I'm grateful for _____ because _____
53. I'm grateful for _____ because _____
54. I'm grateful for _____ because _____
55. I'm grateful for _____ because _____
56. I'm grateful for _____ because _____
57. I'm grateful for _____ because _____
58. I'm grateful for _____ because _____
59. I'm grateful for _____ because _____
60. I'm grateful for _____ because _____
61. I'm grateful for _____ because _____
62. I'm grateful for _____ because _____
63. I'm grateful for _____ because _____
64. I'm grateful for _____ because _____
65. I'm grateful for _____ because _____
66. I'm grateful for _____ because _____
67. I'm grateful for _____ because _____
68. I'm grateful for _____ because _____
69. I'm grateful for _____ because _____
70. I'm grateful for _____ because _____
71. I'm grateful for _____ because _____
72. I'm grateful for _____ because _____
73. I'm grateful for _____ because _____
74. I'm grateful for _____ because _____
75. I'm grateful for _____ because _____

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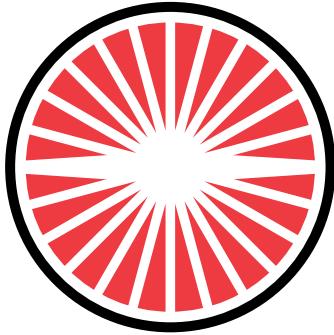


THE GRATITUDE GAME

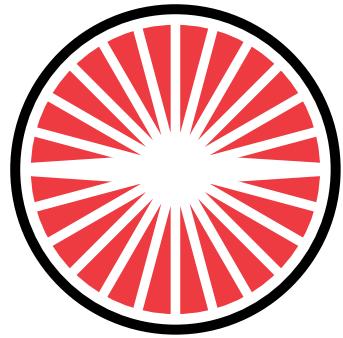


76. I'm grateful for _____ because _____
77. I'm grateful for _____ because _____
78. I'm grateful for _____ because _____
79. I'm grateful for _____ because _____
80. I'm grateful for _____ because _____
81. I'm grateful for _____ because _____
82. I'm grateful for _____ because _____
83. I'm grateful for _____ because _____
84. I'm grateful for _____ because _____
85. I'm grateful for _____ because _____
86. I'm grateful for _____ because _____
87. I'm grateful for _____ because _____
88. I'm grateful for _____ because _____
89. I'm grateful for _____ because _____
90. I'm grateful for _____ because _____
91. I'm grateful for _____ because _____
92. I'm grateful for _____ because _____
93. I'm grateful for _____ because _____
94. I'm grateful for _____ because _____
95. I'm grateful for _____ because _____
96. I'm grateful for _____ because _____
97. I'm grateful for _____ because _____
98. I'm grateful for _____ because _____
99. I'm grateful for _____ because _____
100. I'm grateful for _____ because _____

Share this game with friends or family. The more people are grateful - the happier our world will be!



THE GRATITUDE GAME



Congratulations! Review your answers & record 5 thoughts or reflections:

1.

2.

3.

4.

5.
