Gratitude List

Like a cloudspotter collecting clouds,
collect your gratitude here.

Sheet Lesson 1.5

I show my gratitude by:

Notes: Gratitude is showing or having thanks and to return acts of kindness.

Even though...
I am grateful for...

Notes: This practice helps get through the storms in life and remember all the good.

Gratitude Dump Zone

cloudappreciationsociety.org

REMEMBER BEHIND THE CLOUDS THE SUN IS STILL SHINING