



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!



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- 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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- 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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- 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 _____

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

1.

2.

3.

4.

5.
