

Date:

# The 8 Things GRATITUDE TOOL

Think of **eight things** that you are genuinely thankful or grateful for in your life, and write them down below. Complete this activity daily for the next week and see how your perspectives that time, especially in the harder moments of life.

1.

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5.

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2.

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6.

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3.

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7.

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4.

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8.

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**Give thanks in all circumstances; for this is God's will for you in Christ Jesus.**

*1 Thessalonians 5:18*