



HABIT HANDOUT

Attitude of Gratitude

GRATITUDE IS A FEELING OF APPRECIATION OR THANKFULNESS.

What is the secret to happiness? There is no secret. There is only science. And science tells us that creating a habit of gratefulness makes us “more energetic, emotionally intelligent, forgiving, and less likely to be depressed, anxious, or lonely.”³⁰ Science also tells us that if we do not switch up our habit daily, we get bored and stop doing it. Below is a list of 180 gratitudes to do every day of the school year. If you create the attitude of gratitude in your classroom, science says you will have a happier classroom.

DISCUSSION QUESTIONS FOR END OF YEAR

1. What did you value about doing this exercise?
2. What did you learn about yourself while doing this exercise?

DAILY GRATITUDES

1. List 3 things you are grateful for about your parents.
2. List 3 things you are grateful for about your family.
3. List 3 things you are grateful for about friendship.
4. List 3 things you are grateful for about your enemies.
5. List 3 things you are grateful for about your sense of sight.
6. List 3 things you are grateful for about your sense of hearing.
7. List 3 things you are grateful for about your sense of smell.
8. List 3 things you are grateful for about your sense of touch.
9. List 3 things you are grateful for about your sense of taste.
10. List 3 things you are grateful for about your body.
11. List 3 things you are grateful for about your health.
12. List 3 things you are grateful for about your school.
13. List 3 things you are grateful for about your teachers.
14. List 3 things you are grateful for about the earth.
15. List 3 things you are grateful for about time.
16. List 3 things you are grateful for about music.
17. List 3 things you are grateful for about TV.
18. List 3 things you are grateful for about your cell phone.
19. List 3 things you are grateful for about technology.
20. List 3 things you are grateful for about books.
21. List 3 things you are grateful for about nature.
22. List 3 things you are grateful for about rain.
23. List 3 things you are grateful for about the sun.
24. List 3 things you are grateful for about vacation.
25. List 3 things you are grateful for about grocery stores.
26. List 3 things you are grateful for about animals.
27. List 3 things you are grateful for about pets.
28. List 3 things you are grateful for about your bed.
29. List 3 things you are grateful for about your mistakes.
30. List 3 things you are grateful for about your wins.
31. List 3 things you are grateful for about your disappointments.
32. List 3 things you are grateful for about your losses.
33. List 3 things you are grateful for about your tears.
34. List 3 things you are grateful for about your fears.
35. List 3 things you are grateful for about your pain.
36. List 3 things you are grateful for about snow.
37. List 3 things you are grateful for about movies.
38. List 3 things you are grateful for about strangers.
39. List 3 things you are grateful for about laughter.
40. List 3 things you are grateful for about love.
41. List 3 things you are grateful for about life.
42. List 3 things you are grateful for about your house.

³⁰ Shawn Achor, *The Happiness Advantage: How a Positive Brain Fuels Success in Work and Life* (New York: Crown Publishing Group, 2010), 98.



HABIT HANDOUT

Attitude of Gratitude (Continued)

43. List 3 things you are grateful for about mornings.
44. List 3 things you are grateful for about evenings.
45. List 3 things you are grateful for about late nights.
46. List 3 things you are grateful for about the past.
47. List 3 things you are grateful for about the present.
48. List 3 things you are grateful for about the future.
49. List 3 things you are grateful for about your skills.
50. List 3 things you are grateful for about your religion.
51. List 3 things you are grateful for about your values.
52. List 3 things you are grateful for about your knowledge.
53. List 3 things you are grateful for about your hobbies.
54. List 3 things you are grateful for about your accomplishments.
55. List 3 things you are grateful for about your childhood.
56. List 3 things you are grateful for about food.
57. List 3 things you are grateful for about something you recently learned.
58. List 3 things you are grateful for about doctors.
59. List 3 things you are grateful for about museums.
60. List 3 things you are grateful for about cars.
61. List 3 things you are grateful for about beaches.
62. List 3 things you are grateful for about mountains.
63. List 3 things you are grateful for about babies.
64. List 3 things you are grateful for about calculators.
65. List 3 things you are grateful for about candy.
66. List 3 things you are grateful for about vegetables.
67. List 3 things you are grateful for about fruit.
68. List 3 things you are grateful for about food.
69. List 3 things you are grateful for about clouds.
70. List 3 things you are grateful for about trains.
71. List 3 things you are grateful for about airplanes.
72. List 3 things you are grateful for about electricity.
73. List 3 things you are grateful for about language.
74. List 3 things you are grateful for about firefighters.
75. List 3 things you are grateful for about police.
76. List 3 things you are grateful for about google.
77. List 3 things you are grateful for about GPS.
78. List 3 things you are grateful for about history.
79. List 3 things you are grateful for about holidays.
80. List 3 things you are grateful for about clothes.
81. List 3 things you are grateful for about imagination.
82. List 3 things you are grateful for about intelligence.
83. List 3 things you are grateful for about medicine.
84. List 3 things you are grateful for about neighbors.
85. List 3 things you are grateful for about pajamas.
86. List 3 things you are grateful for about peace.
87. List 3 things you are grateful for about plants.
88. List 3 things you are grateful for about recycling.
89. List 3 things you are grateful for about restaurants.
90. List 3 things you are grateful for about roads.
91. List 3 things you are grateful for about seasons.
92. List 3 things you are grateful for about shopping.
93. List 3 things you are grateful for about soap.
94. List 3 things you are grateful for about spell check.
95. List 3 things you are grateful for about stores.
96. List 3 things you are grateful for about texting.
97. List 3 things you are grateful for about toothbrushes.
98. List 3 things you are grateful for about tweezers.
99. List 3 things you are grateful for about water.
100. List 3 things you are grateful for about sports.
101. List 3 things you are grateful for about weather forecasts.
102. List 3 things you are grateful for about Wi-Fi.
103. List 3 things you are grateful for about yesterday.
104. List 3 things you are grateful for about today.
105. List 3 things you are grateful for about tomorrow.
106. List 3 things you are grateful for about magic.
107. List 3 things you are grateful for about board games.
108. List 3 things you are grateful for about playing cards.
109. List 3 things you are grateful for about art.
110. List 3 things you are grateful for about acceptance.
111. List 3 things you are grateful for about organization.



HABIT HANDOUT

Attitude of Gratitude (Continued)

112. List 3 things you are grateful for about generosity.
113. List 3 things you are grateful for about encouragement.
114. List 3 things you are grateful for about accountability.
115. List 3 things you are grateful for about smiles.
116. List 3 things you are grateful for about change.
117. List 3 things you are grateful for about fun.
118. List 3 things you are grateful for about boredom.
119. List 3 things you are grateful for about comfort.
120. List 3 things you are grateful for about hope.
121. List 3 things you are grateful for about patience.
122. List 3 things you are grateful for about honesty.
123. List 3 things you are grateful for about photographs.
124. List 3 things you are grateful for about surprises.
125. List 3 things you are grateful for about dreams.
126. List 3 things you are grateful for about kindness.
127. List 3 things you are grateful for about challenges.
128. List 3 things you are grateful for about sleep.
129. List 3 things you are grateful for about compliments.
130. List 3 things you are grateful for about freedom.
131. List 3 things you are grateful for about writing.
132. List 3 things you are grateful for about listening to others.
133. List 3 things you are grateful for about empathy.
134. List 3 things you are grateful for about feelings.
135. List 3 things you are grateful for about perspectives.
136. List 3 things you are grateful for about creativity.
137. List 3 things you are grateful for about apologies.
138. List 3 things you are grateful for about forgiveness.
139. List 3 things you are grateful for about weekends.
140. List 3 things you are grateful for about Mondays.
141. List 3 things you are grateful for about Fridays.
142. List 3 things you are grateful for about respect.
143. List 3 things you are grateful for about memories.
144. List 3 things you are grateful for about excitement.
145. List 3 things you are grateful for about nervousness.
146. List 3 things you are grateful for about conflict.
147. List 3 things you are grateful for about thoughts.
148. List 3 things you are grateful for about compassion.
149. List 3 things you are grateful for about opinions.
150. List 3 things you are grateful for about electricity.
151. List 3 things you are grateful for about questions.
152. List 3 things you are grateful for about strength.
153. List 3 things you are grateful for about weakness.
154. List 3 things you are grateful for about receiving gifts.
155. List 3 things you are grateful for about giving gifts.
156. List 3 things you are grateful for about breathing.
157. List 3 things you are grateful for about rules.
158. List 3 things you are grateful for about breaking rules.
159. List 3 things you are grateful for about chores.
160. List 3 things you are grateful for about promises.
161. List 3 things you are grateful for about email.
162. List 3 things you are grateful for about running.
163. List 3 things you are grateful for about tools.
164. List 3 things you are grateful for about fire.
165. List 3 things you are grateful for about bicycles.
166. List 3 things you are grateful for about carnivals.
167. List 3 things you are grateful for about space.
168. List 3 things you are grateful for about your bedroom.
169. List 3 things you are grateful for about your grandparents.
170. List 3 things you are grateful for about optimism.
171. List 3 things you are grateful for about pessimism.
172. List 3 things you are grateful for being good at.
173. List 3 things you are grateful for about money.
174. List 3 things you are grateful for about your town.
175. List 3 things you are grateful for about government.
176. List 3 things you are grateful for about clocks.
177. List 3 things you are grateful for about remote controls.
178. List 3 things you are grateful for about clean laundry.
179. List 3 things you are grateful for about traffic.
180. List 3 things you are grateful for about gratitude!