



## CLASS 16 | GRATEFUL THINKING

### Worksheets

- **Grateful Thinking Examples Worksheet.** Use this worksheet to share examples of “Grateful Thinking” with your class to foster discussion and help them create their own “Grateful Thinking” statements. You can also use this worksheet as a handout they can take home.
- **TBH Grateful Thinking Journal.** The TBH Grateful Thinking Journal is a booklet that can be given to attendees to create their own personal Grateful Thinking Journal.

Print and assemble booklets so that you have enough for each member of the class. Keep in mind that the booklets are designed to print two-sided and in color.

Prior to the class, print out and assemble a booklet that you then fill in as a sample TBH Grateful Thinking Journal to share with the group.