

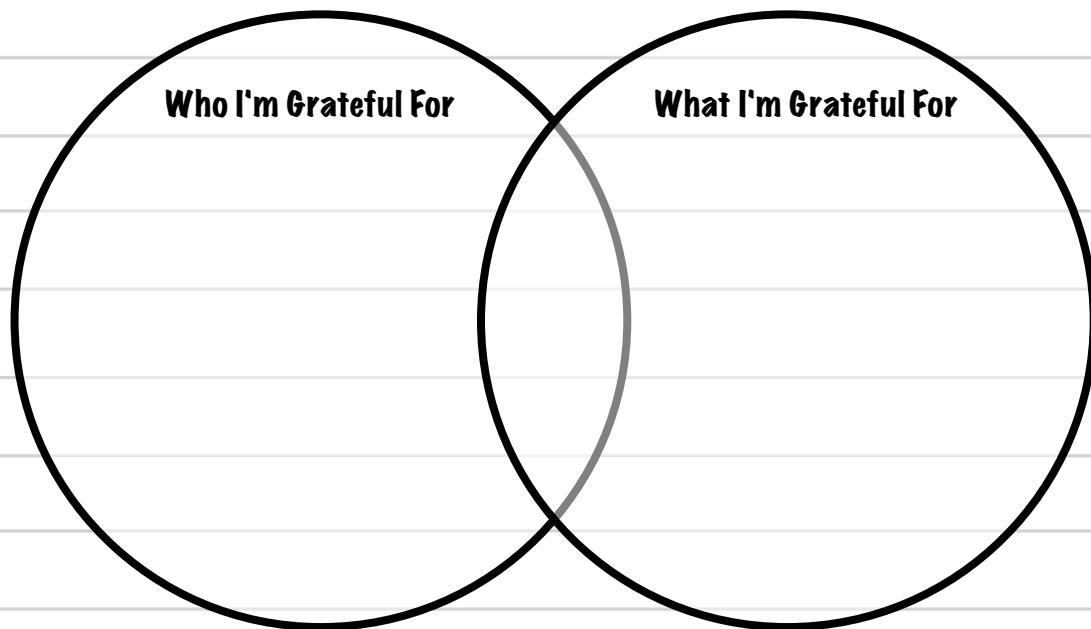


Pretty

Girl Problems

**CIRCLE
OF
GRATITUDE
WORKSHEET**

Circles of Gratitude



How To Use The Circles of Gratitude:

1. In the circle on the left list all the people you are grateful for (family, friends, teachers, mentors, counselors, etc...)
2. In the circle on the right list all the things you are grateful for (home, clothes, electronics, money, jewelry, etc...)
3. In the middle identify what both of these things bring to your life. Who you have in your life and what you have in your life should bring about some level of peace, joy and/or fulfillment. If you are unable to identify a positive outcome for the people and possessions in your life, its time to reevaluate **BOTH!**

"respect yourself enough to walk away from anything that no longer serves you, grows you or makes you happy". Robert Tew-

