

# ALPHABET OF GRATITUDE



Apologize  
Bake Cookies  
Collage of Gratitude  
Donate  
Establish a Ritual  
Family Project  
Gratitude Journal  
Help Others  
Include Details to Show Appreciation  
Jar of Thanks  
Kindness Ideas Journal  
Lists  
Make the Most of Moments  
Notes or Cards  
Observe Others Being Kind  
Pay For Someone Behind You  
Quick to Compliment, Not Put Down  
Random Acts of Kindness  
Share  
Tell Others To Pass On Kindness  
Uplift Others  
Volunteer  
Write Love Notes  
eXcuse and Forgive  
Yourself – Focus on You!  
Zero Complaining

