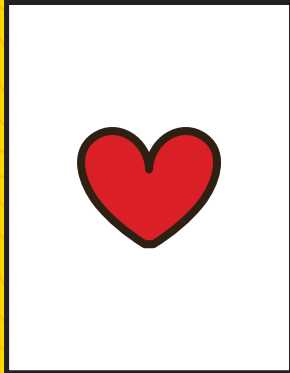


Create Gratitude ID Cards

In this activity, we will give thanks to ourselves. This is a private journaling activity. It does not need to be shared, but rather is an opportunity to "take stock" and recognize the good within us.



NAME: _____



Name: _____

Gifts:

What gifts have you been endowed with?
What are your unique gifts that make you who you are?

Skills & Abilities:

Write here the skills you have honed and developed, things you're grateful you know how to do.

Character & Personality Traits:

What are the traits that you embody that you are grateful to have?

NAME: _____

Values:

List at least six values that are important to you:

NAME: _____

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Traditions:

What are some traditions or rituals that give you meaning and are dear to you?

