



ourgratitudecollective

## 2015 Reflecting on Your Year with Gratitude

Fill in your answers on the Rays of Gratitude page. Be detailed in your responses and learn about yourself. See your year in a different light. Don't ignore the negative; look deeper and find gratitude you didn't even know you had. Enjoy!

1. What is something you are grateful you said yes to this year?
2. What are you grateful you learned about yourself this year?
3. What is one thing you are grateful you accomplished this year? Who helped you?
4. Think of something this year that you are not grateful for. What does this tell you about what is important to you? What are you grateful for about this realization?
5. Think of your significant other. What is one specific thing you are grateful for about them? If you do not have a significant other, what are you grateful for about a good friend of yours?
6. What opportunity are you grateful you had this year?
7. What risk are you grateful you took this year?
8. What are you grateful for that came into your life because of hard work?
9. What gratitude can you find in a difficult experience you had this year?
10. What is one thing you experienced this year that filled you with energy and joy?

What are you grateful for today?

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