

Name \_\_\_\_\_



## Gratitude Growth

**Directions:** Write a short paragraph explaining how showing or expressing gratitude has changed your emotions or relationships over time. Use the guiding questions below to help you reflect deeply and organize your ideas.

### Guiding Questions:

1. How did you feel before you began expressing gratitude to others?
2. What moments or experiences made you realize the importance of being thankful?
3. How do you feel now when you show gratitude - is it a small, medium, or big feeling?
4. Has expressing gratitude improved any relationships or made you see people differently?
5. What lesson have you learned about how gratitude affects your emotional intensity?

**Writing Prompt:** In 5-7 sentences, describe your emotional growth connected to gratitude. Be honest and specific. Use words that show how your feelings changed in size and strength over time.

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