

Elemental Gifts  
presents  
Gratitude Experiment  
and Challenge!

**EXPERIMENT:** Notice how you feel right now.

Write down 108 things you are Grateful for.

Notice how you feel when you're done your list.

1	_____	28	_____
2	_____	29	_____
3	_____	30	_____
4	_____	31	_____
5	_____	32	_____
6	_____	33	_____
7	_____	34	_____
8	_____	35	_____
9	_____	36	_____
10	_____	37	_____
11	_____	38	_____
12	_____	39	_____
13	_____	40	_____
14	_____	41	_____
15	_____	42	_____
16	_____	43	_____
17	_____	44	_____
18	_____	45	_____
19	_____	46	_____
20	_____	47	_____
21	_____	48	_____
22	_____	49	_____
23	_____	50	_____
24	_____	51	_____
25	_____	52	_____
26	_____	53	_____
27	_____	54	_____