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# GRATITUDE CARD

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## Objectives

By the end of the activity, you will be able to:

1. express gratitude to someone you have never properly thanked; and
2. utilize your artistic ability in creating a gratitude card.

## Part I. Gratitude Card

1. Choose a **special person** to whom you want to express your **gratitude but you have never properly thanked**.
2. Using the card template in the last page, create a Thank You card for the special person whom you have chosen.
3. In the card, write a note for this special person
  - Why are you grateful to him/her?
  - How did this person touch your life or inspire you?
  - How does this person make you feel?
  - Without this person, what will your life be like?
4. Feel free to design and decorate the card.
5. Personally give the card to the person as soon as you can or mail the card to the person if you cannot meet him/her in person.

## Part II. Post-activity Reflection

1. What did you feel while doing this activity? Please circle your responses.

Feelings	Very slightly or not at all	A little	Moderately	Quite a bit	Very Much
1. Excited	1	2	3	4	5
2. Afraid	1	2	3	4	5
3. Inspired	1	2	3	4	5
4. Enthusiastic	1	2	3	4	5
5. Determined	1	2	3	4	5
6. Upset	1	2	3	4	5
7. Alert	1	2	3	4	5
8. Nervous	1	2	3	4	5
9. Distressed (Stressed out)	1	2	3	4	5
10. Scared	1	2	3	4	5

2. What do you think about yourself after doing this activity? Please circle your responses.

Statements	Very untrue of me	Untrue of me	Somewhat untrue of me	Neutral	Somewhat true of me	True of me	Very true of me
1. At this moment, I feel that I have so much in life to be thankful for.	1	2	3	4	5	6	7
2. If I had to list everything that I am thankful for right now, it would be a very long list.	1	2	3	4	5	6	7
3. When I look at the world right now, I do NOT see much to be thankful for.	1	2	3	4	5	6	7
4. At this moment, I am grateful to many people.	1	2	3	4	5	6	7
5. At this moment, I appreciate the people, events, and situations that have been part of my life.	1	2	3	4	5	6	7

## Part III. Gratitude Card Templates

a) Blue template



b) Yellow template



### **Question:**

How do I print the gratitude card templates?

### **Answer:**

- a) Click **Print**
- b) For blue template, select **pages 4 & 5**;  
For yellow template, select **pages 6 & 7**
- c) Select **Print on both sides** – flip pages on long edge
- d) **Done!**





\_\_\_\_\_

With gratitude,

\_\_\_\_\_

Without you,

\_\_\_\_\_

\_\_\_\_\_

You make me feel

\_\_\_\_\_

\_\_\_\_\_

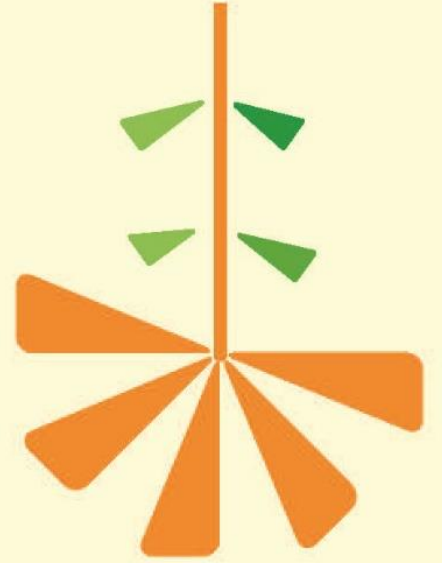
Thank you for

\_\_\_\_\_

Dear \_\_\_\_\_,

Feel free to further design and decorate the card.





thank  
you





With gratitude,

\_\_\_\_\_

Without you,

\_\_\_\_\_

You make me feel

\_\_\_\_\_

Thank you for

\_\_\_\_\_

Dear \_\_\_\_\_,



Feel free to further design and decorate the card.

