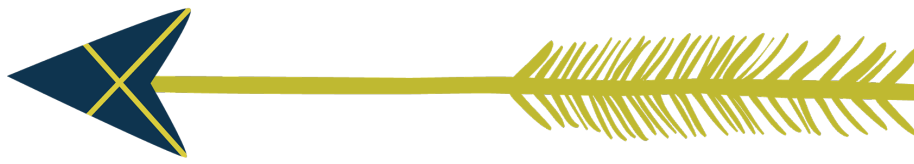




my
ultimate
gratitude
list





Having trouble thinking of things you are grateful for? Are you in the midst of a big trial and don't know if God is really there for you?

I created this Ultimate Gratitude List to help all of us remember those things, big and small, that bring joy and happiness into our lives. Each page has room for 100 blessings. Now I know your thinking, "It will be hard to fill up one or two pages. I don't know if I can think of that many blessings." I've got you covered! With the help of my readers we came up with more than 90 categories of areas to think about when listing your blessings. You can probably think of ten things you are grateful for that are red for instance. Or list ten things you enjoy about each season of the year. What about favorite things to do with your family? Or friends? When broken down into small groups like this you can easily find hundreds of things for which you are grateful for. If you fill out every page in the ultimate gratitude list you will have written down 1,000 blessings, one thousand gifts that God has given to you. You could easily write down more.



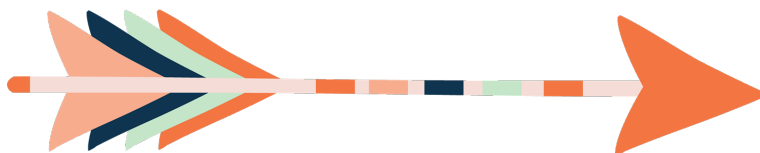
Each page has nine categories to find blessings in and one spot with ten extra spaces. What if you think of more than ten red things you are grateful for? Write them in the extra spaces! There are also three pages included in the packet that don't have categories, just spots to write 100 more blessings.

These are for you to personalize. Write down individual family member names and write ten things you appreciate about each one. Copy down book titles and list what that book has taught you. You get the idea. There are so many areas we can find to show our gratitude!



"Hold fast to the blessings which God has provided for you. Yours is not the task to gain them, they are here; yours is the part of cherishing them."

J. Reuben Clark



what i am grateful for about

My parents

My Grandparents

1	6
2	7
3	8
4	9
5	10

My Sisters

My aunts

1	6
2	7
3	8
4	9
5	10

My Spouse

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

My Brothers

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

My uncles

1	6
2	7
3	8
4	9
5	10

My Cousins

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

My Children

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

Extra Lines

i am grateful for...

Memories of your House

In the Room

1

2

3

4

5

6

7

8

9

10

Household Items

Things that bless my life that didn't exist

10 years ago	50 years ago	100 years ago
-----	-----	-----
-----	-----	-----
-----	-----	-----
-----	-----	-----
-----	-----	-----
-----	-----	-----
-----	-----	-----
-----	-----	-----
-----	-----	-----
-----	-----	-----

Things I've lived through that would not have been possible 100 years ago

Parts of your house you love

1		7
2	5	8
3	6	9
4		10

Kitchen Appliances/Tools

1	4	8
2	5	9
3	6	10
	7	

Extra Lines

Happy Memories With Those Who Have Died

i am grateful for...

Ancestors

1	6
2	7
3	8
4	9
5	10

Memories From Childhood

Things I Love Doing With My Family

1	6
2	7
3	8
4	9
5	10

Easter Traditions

1

2

3

4

5

6

7

8

9

10

Christmas Traditions

Thanksgiving Traditions

1

2

3

4

5

6

7

8

9

10

Other Favorite Traditions

1	6
2	7
3	8
4	9
5	10

Extra Lines

Hobbies I Enjoy



The Forest

1	6
2	7
3	8
4	9
5	10

The Ocean

things i'm grateful for in...

Spring

Summer

1
2
3
4
5
6
7
8
9
10

Autumn

1	6
2	7
3	8
4	9
5	10

The Desert


1	6
2	7
3	8
4	9
5	10

Winter

Nature

The Animal Kingdom

Extra Lines



Blue

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Red

Yellow

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Gray

Green

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Purple

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Black

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Pink

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

White

Orange

i'm grateful for things that are..

Physical Abilities I Have

Talents I Have Developed

1	6
2	7
3	8
4	9
5	10

My Accomplishments

Things I have never had to experience

i am grateful for ...

Rights & Freedoms

Amazing Things I've seen

1	6
2	7
3	8
4	9
5	10

My Kids' Accomplishments

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Extra Lines

Things I never thought I could do

1	6
2	7
3	8
4	9
5	10

My Weaknesses

i am grateful for...

Things I feel or touch

1	6
2	7
3	8
4	9
5	10

Smells or scents

Things that happened today

Sounds I hear

Moments that make me smile

1	6
2	7
3	8
4	9
5	10

Things that start with the first letter of my first name

1	6
2	7
3	8
4	9
5	10

Extra Lines

Favorite Month of the Year

1
2
3
4
5
6
7
8
9
10

Things that start with the first letter of my last name

Favorite Day of the week

Life Lessons Learned

1	5
2	6
3	7
4	8
9	
10	

Things I Learned at School

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Things I Learned From Others

1	6
2	7
3	8
4	9
5	10

Friends or Neighbors

Deceased People who have influenced me

1	6
2	7
3	8
4	9
5	10

Favorite Books

Teachers who have influenced me

1
2
3
4
5
6
7
8
9
10

Women who have influence me

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Men who have influenced me

1
2
3
4
5
6
7
8
9
10

i am grateful for...

Extra Lines

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

i am grateful for..

Places to visit

Things that

1

2

3

4

5

6

7

8

9

10

keep me warm

Places to eat

1

2

3

4

5

6

7

8

9

10

Extra Lines

Things to do with friends

Things to Cook

1

2

3

4

5

6

7

8

9

10

Games to Play

Things I like to do on my own

1

2

3

4

5

6

7

8

9

10

Things I love about where I live

1

2

3

4

5

6

7

8

9

10

Places to play

1

2

3

4

5

6

7

8

9

10

Songs or Hymns

Ways God Has Provided For Me

1	6
2	7
3	8
4	9
5	10

Answered Prayers

1
2
3
4
5
6
7
8
9
10

Tender Mercies or Miracles

Opportunities to Serve

1	6
2	7
3	8
4	9
5	10

Scripture Verses

The Gospel

Trials I've Experienced

1
2
3
4
5
6
7
8
9
10

Scripture Stories

1
2
3
4
5
6
7
8
9
10

i am grateful for...

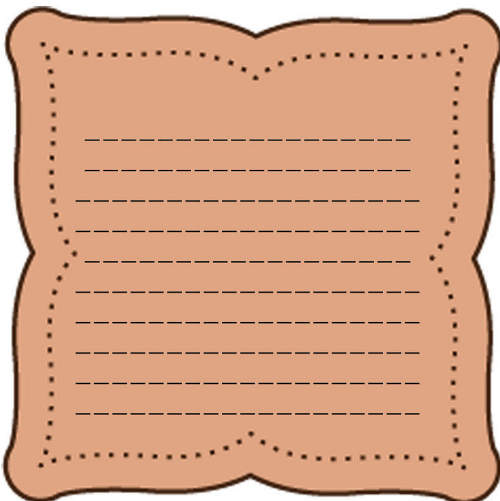
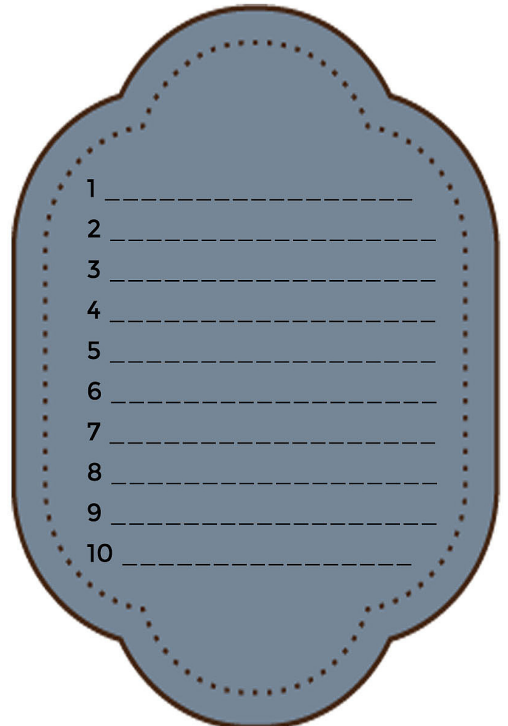
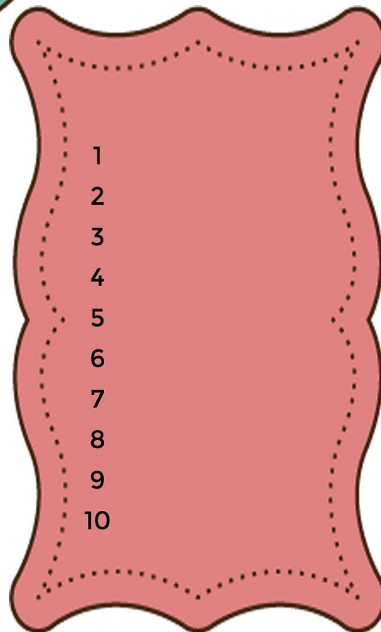
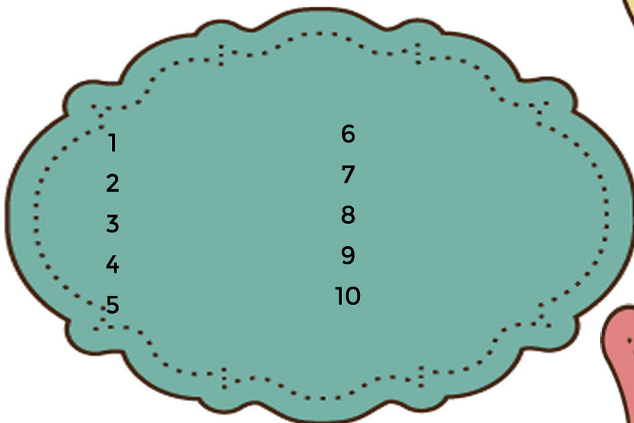
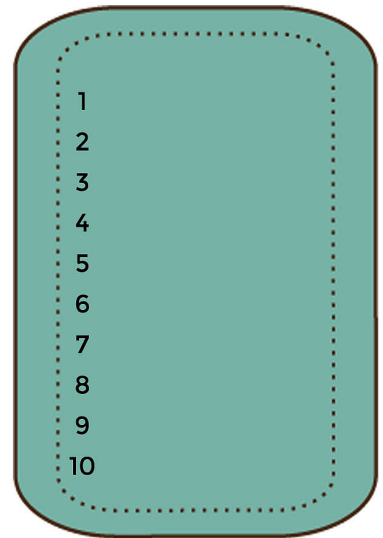
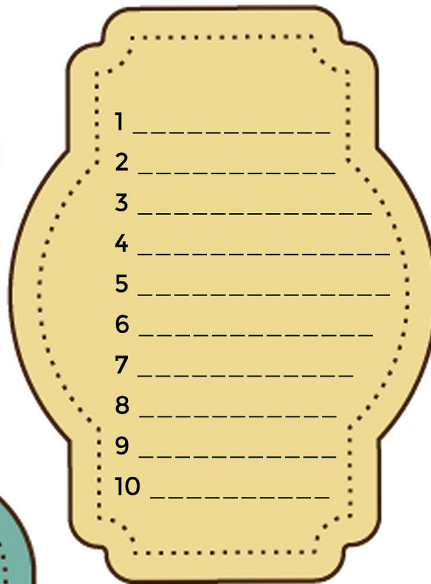
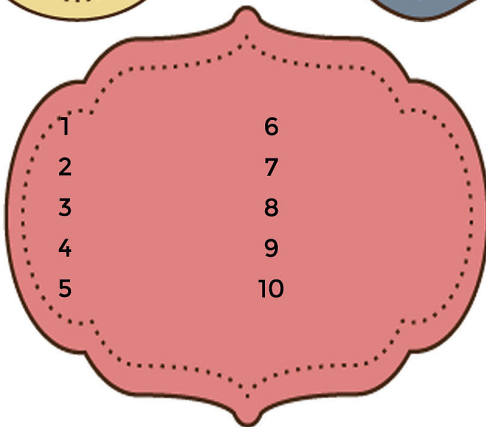
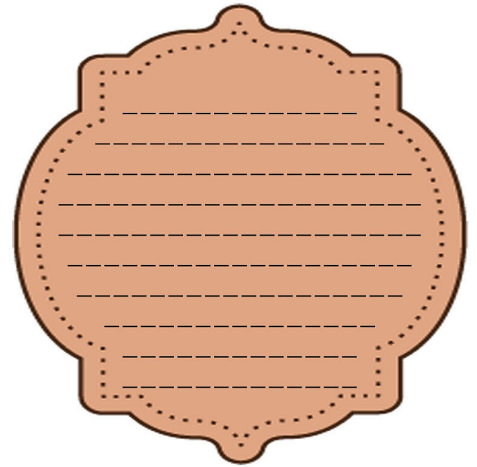
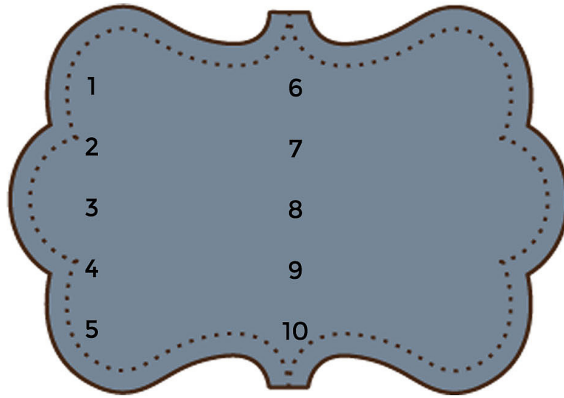
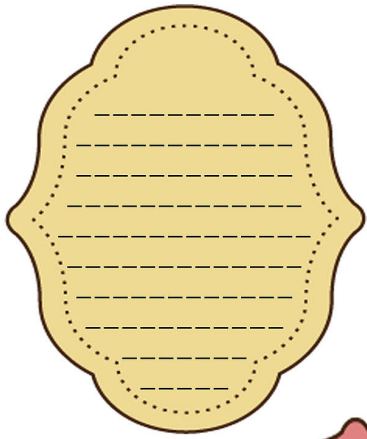
Extra Lines



100 things i'm grateful for

- | | | |
|----|----|-----|
| 1 | 34 | 67 |
| 2 | 35 | 68 |
| 3 | 36 | 69 |
| 4 | 37 | 70 |
| 5 | 38 | 71 |
| 6 | 39 | 72 |
| 7 | 40 | 73 |
| 8 | 41 | 74 |
| 9 | 42 | 75 |
| 10 | 43 | 76 |
| 11 | 44 | 77 |
| 12 | 45 | 78 |
| 13 | 46 | 79 |
| 14 | 47 | 80 |
| 15 | 48 | 81 |
| 16 | 49 | 82 |
| 17 | 50 | 83 |
| 18 | 51 | 84 |
| 19 | 52 | 85 |
| 20 | 53 | 86 |
| 21 | 54 | 87 |
| 22 | 55 | 88 |
| 23 | 56 | 89 |
| 24 | 57 | 90 |
| 25 | 58 | 91 |
| 26 | 59 | 92 |
| 27 | 60 | 93 |
| 28 | 61 | 94 |
| 29 | 62 | 95 |
| 30 | 63 | 96 |
| 31 | 64 | 97 |
| 32 | 65 | 98 |
| 33 | 66 | 99 |
| | | 100 |

100 things i am grateful for...





1
2
3
4
5

6
7
8
9
10



Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line, repeated ten times.



1
2
3
4
5
6
7
8
9
10



1
2
3
4
5
6
7
8
9
10



1
2
3
4
5

6
7
8
9
10



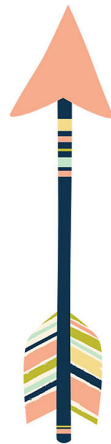
Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line, repeated ten times.



Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line, repeated ten times.



Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line, repeated ten times.



1
2
3
4
5
6
7
8
9
10



1
2
3
4
5
6
7
8
9
10



100 things i am grateful for