



the power to heal

Gratitude Ladder

A Fun Exercise to share with someone you know

Gratitude opens your heart and inspires you to give back to others. Gratitude is about joy and appreciation of the simple little things that happen each day. Sometimes it is easy to take these small things for granted.

Today you are invited to pay attention to GRATITUDE in order to experience more gratitude in your life. Today you are going to make a Gratitude Ladder for someone you know to show them what you appreciate most about them.

Think about someone you admire, someone who is kind. Think of someone who does nice things for other people. Perhaps this person is your teacher, a parent, a special friend or a nurse or your doctor.

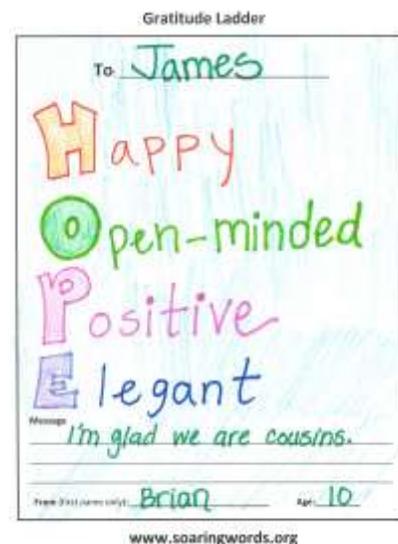
What makes this person unique? What are the character strengths that you have seen in this person? What are special characteristics that come to your mind when you think about this person?

Let's Get Started on making a Gratitude Ladder:

1. Close your eyes and think about someone special. Write this person's name on the top line of the Soaringwords Gratitude Ladder border.
2. Look at the Character Strengths list of attributes. Choose one of the character strengths and write the letters on the border in a vertical line from the top of the page to the bottom.
3. Look at the Soaringwords A-to-Z sheet of adjectives to pick a word that goes with each letter.
4. Fill in the bottom lines with a message of thanks that explains why you chose this word for the special person. When you are done, share this finished artwork with the person you chose.

Tips:

- Be on the look-out** for special people to thank each day.
- Notice** what others do or say that make you feel good.
- Notice** things and people in your world for which you are grateful.
- Write** down 3 things every day for which you are grateful.
- Share** your gratitude with others all of the time, it will make everyone smile.
- "Pay it Forward"** – do something kind for someone else that will most likely be appreciated. Invite your family to make one for you!



SoaringWords



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Gratitude Ladder Adjectives:

- A: Awesome, Amazing, Accepting, Astonishing
- B: Beautiful, Brave, Breathtaking, Bold, Bright
- C: Clever, Caring, Creative, Cool, Considerate, Curious
- D: Dedicated, Determined, Daring, Decisive, Down-to-earth
- E: Energetic, Exceptional, Elegant, Exquisite
- F: Friendly, Fair, Forgiving, Funny, Fascinating
- G: Great, Gentle, Gorgeous, Gracious, Giving, Grateful
- H: Happy, Honest, Hip, Harmonious, Hopeful, Humorous
- I: Interesting, Intelligent, Impressive, Inventive, Imaginative
- J: Jolly, Just, Joyous
- K: Kind, Knowledgeable, Kindhearted
- L: Likeable, Lovely, Loving, Lively, Loves learning, Leader
- M: Magical, Mature, Marvelous, Merry
- N: Nice
- O: Open-minded, Outstanding, Original
- P: Pleasant, Positive, Productive, Playful
- Q: Quiet
- R: Resilient, Respectful, Realistic, Reasonable
- S: Silly, Spiritual, Social, Serious, Splendid
- T: Talented, Team-player, Trustworthy, Tough, Tenacious
- U: Unbelievable, Unique, Understanding
- V: Versatile, Vivacious, Visionary
- W: Wonderful, Witty, Wildly Creative, Well Mannered
- X: (e)Xtroverted, e(X)traordinary
- Y: Youthful
- Z: Zesty

Gratitude Ladder

To: _____

Message

Created by: _____