

6 DIMENSIONS OF GRATITUDE

Think about the following six dimensions of wellness: physical, emotional, social, occupational, financial, and spiritual. Next, for each category, write about something you are grateful for.

Physical

(Example: I am grateful that I rarely get sick.)

Emotional

(Example: I am grateful that I am free of depression.)

Social

(Example: I am grateful for my relationship with my sister.)

Occupational

(Example: I am grateful that I have a supportive boss.)

Financial

(Example: I am grateful that I have an emergency fund set aside.)

Spiritual

(Example: I am grateful that I live in a wooded area.)