








Gratitude in Action Cards

 <p>REPLACE “I’M SORRY” WITH “THANK YOU.”</p>	<p>On a 3x5 card write out two phrases where you could replace “I’m sorry” with “thank you.”</p> 
 <p>SEND 5 THANK YOU TEXTS.</p>	<p>Think of five people who have encouraged or built you up throughout your life and send them a quick thank you message.</p> 
 <p>WRITE OUT A GRATITUDE PRAYER OR REMINDER.</p>	<p>On a 3x5 card write a prayer of gratitude or a statement that you can carry with you when you are having a hard time coming up with something to be grateful for.</p> 
 <p>PERFORM 3 ACTS OF SERVICE.</p>	<p>Find three opportunities today to perform a random act of kindness or to serve someone.</p> 
 <p>HUG TILL IT’S AWKWARD.</p>	<p>Find an opportunity to give a “till it’s awkward” type of hug.</p> 