

The Gratitude Table

Gratitude is a two-way street. A key step in your gratitude journey is identifying the important people in your life and the reasons why you are grateful for them. It's also just as important to recognize your role in their life and to humbly treasure the great things that people see in you. Take some time to share your gratitude and appreciate your relationships with others.

For each person in the room, share what you appreciate or love about them. Be sure to pay close attention to what people appreciate about you!

What do you appreciate about this person?	NAME	What do they appreciate about you?
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