CHECKLIST · RELATIONSHIP

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Expressing Gratitude in Relationships



Showing gratitude strengthens bonds, fosters positivity, and deepens connections in your relationships. Use this checklist to integrate gratitude into your daily interactions.

10 steps · Print-ready A4

NAME	START	TARGET DATE

1 **Reflect on Why You Appreciate Them**

Spend a few moments thinking about the unique qualities or actions you admire in the person.

EXAMPLE *“I love how supportive you are during stressful times.”*

2 **Express Gratitude Verbally**

Say “thank you” directly and with sincerity when someone does something kind.

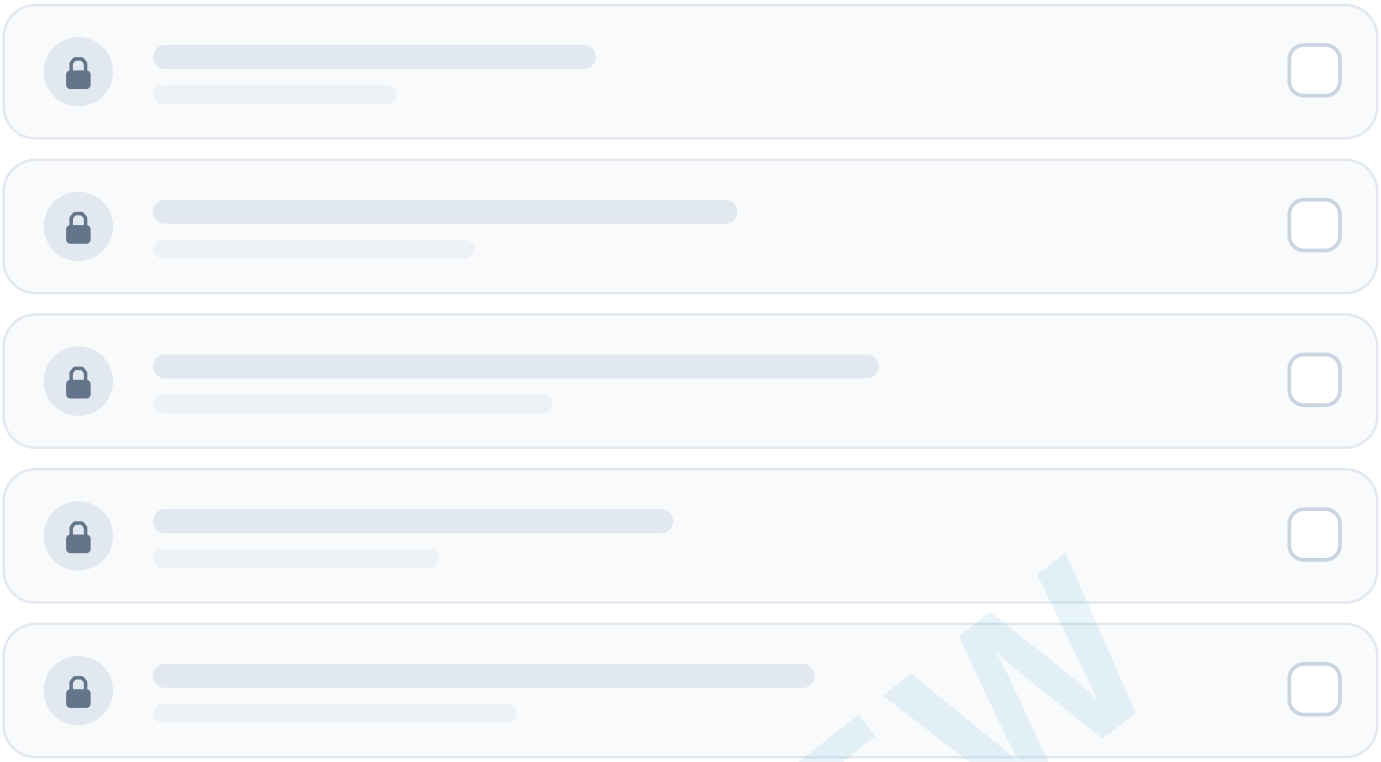
TIP *Be specific, like “Thank you for always making me laugh when I’m feeling down.”*

3 **Write a Note of Appreciation**

Send a handwritten card, email, or text expressing your gratitude.

EXAMPLE *“I just wanted to let you know how much I appreciate you picking up my favorite coffee yesterday.”*

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