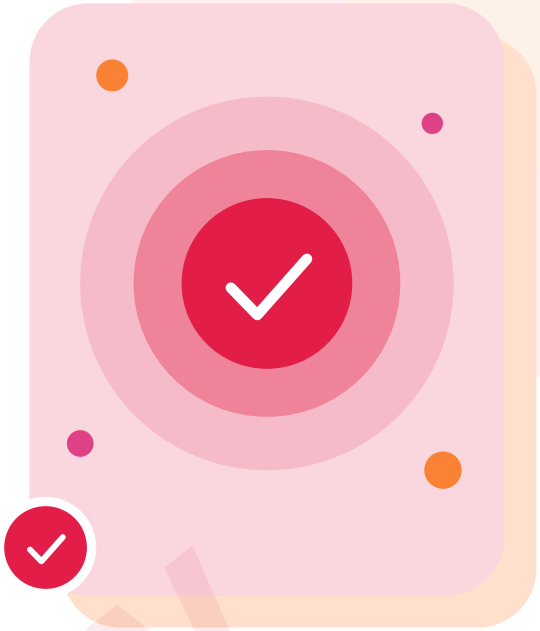
CHECKLIST · RELATIONSHIP

FREE PREVIEW

Creating a Family Gratitude Practice

Cultivating gratitude as a family strengthens bonds and promotes positivity. Use this checklist to establish a shared gratitude practice.



10 steps · Print-ready A4

NAME _____ START _____ TARGET DATE _____

1 **Set a Gratitude Routine**

Choose a time for family gratitude, like during dinner or bedtime.

TIP *Keep the routine consistent to make it a habit.*

2 **Create a Gratitude Jar**

Encourage family members to write what they're thankful for on slips of paper.

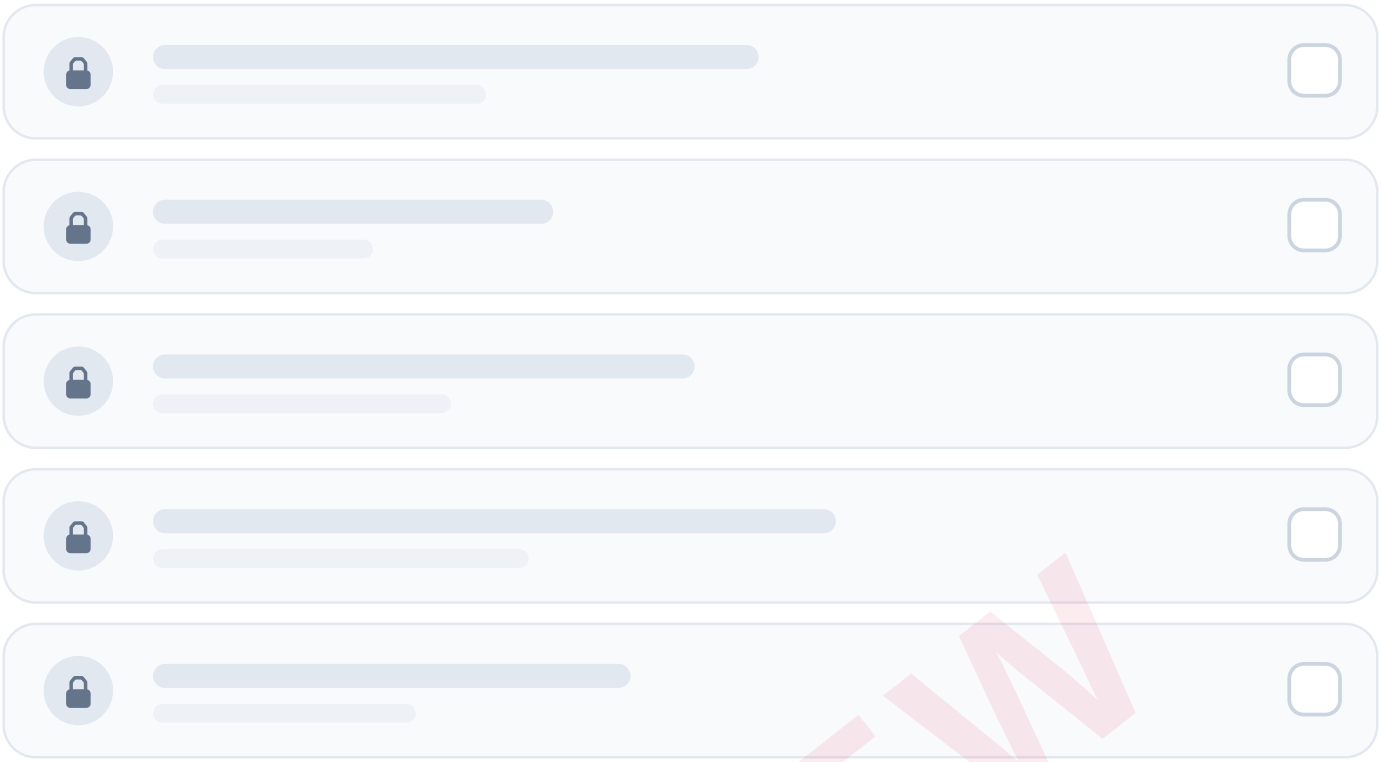
TIP *Read the notes together at the end of the week or month.*

3 **Model Gratitude as a Parent**

Share what you're thankful for to inspire your children.

EXAMPLE *"I'm grateful for how we all worked together to clean the house today."*

PREVIEW



Like the design?

Get the full version: every step with examples and tips, a reflection page, no watermark.

Get the full version

PREVIEW