

# Gratitude Activity Sheet



## Retreat Theme: Developing Gratitude For Personal Success!

Whether in business, at home, or in social situations, gratitude is a **key tool** for navigating change, overcoming setbacks, and meeting the needs of others. It is also helpful in enjoying **personal happiness and increased effectiveness** in all areas of life.

- **Learn** the benefits of having a positive attitude
- **Hear** real and compelling examples of gratitude in action
- **Learn** practical and applicable tools for developing gratitude for greater personal success
- **Discover** what God's Word says about gratitude

## Gratitude Activities:

- **Guest Gift:** Kick off your event and leave a lasting impression by presenting each of your guests with a single dark-pink rose, Vera Wang's choice of flower for symbolizing gratitude and appreciation.
- **Group Craft:** Invite your guests to create a gratitude journal using scrapbooking techniques to adorn the cover of a blank journal or notebook. You will need to provide the journals and various scrapbooking supplies, (i.e. decorative papers, scissors, glue, and embellishments for personalization). This activity may take 30 - 45 minutes.
- **Individual Activity:** Invite each guest to write a heartfelt letter of gratitude to someone who has blessed their life, either recently or in the past. Suggest that each guest follow through with physically mailing the letter. This activity may take up to 30 minutes and you will need to supply stationary and envelopes. Providing stamps is optional.
- **Individual Activity:** Ask your guests to take a personal (and confidential) inventory of the relationships in their lives, ranking each relationship on a scale of 1 – 5, with 1 being the least positive in terms of gratitude and 5 being the most positive. Once those relationships have been ranked, ask each guest to write down 3 – 5 tactical ways they can increase their time spent with those ranked 4 and 5, while reducing their time spent with those ranked 1 – 2. This exercise could take up to 30 minutes.
- **Individual Activity:** Invite your guests to practice the ACTS formula for prayer, paying special attention to the part on Thanksgiving. ACTS formula: A – Adoration; C – Confession; T – Thanksgiving (or gratitude); S – Supplication. Invite your guests to use this time to be grateful for the whole of Creation (in addition to the biggies in their lives) by suggesting they also focus their gratitude on the earth, plants, trees, animals, birds, stars, and the sun and moon, and their part in God's intricately created world.



- **Individual Activity:** Ask your guests to write down (in their journal or on a blank piece of paper), three things they are grateful for. This exercise should only take about 10 minutes, but should be repeated two or three times throughout the event. Remind your guests to avoid writing the same thing twice.
- **Small Group Activity:** Ask your guests to share with a small group their experience and personal insights as a result of writing down three things they are grateful for throughout the event. This activity should take about 30 minutes.
- **Small Group Activity:** Ask your guests to share with their small group something difficult or challenging by starting each and every sentence with the words “Thank God” or “Thankfully”. This should take 30 minutes.
- **Small Group Activity:** Invite your guests to share with their small group how being in HALT (hungry, angry, lonely or tired) can negatively impact their gratitude, and have each guest identify tactical steps they can take to avoid being in HALT on a daily basis. This discussion should take about 30 minutes.
- **Small Group Activity:** Ask your guests to read in small groups the following scripture and discuss together God’s personal message for each of them. This could take up to 60 minutes.
  - 2 Corinthians 3:18
  - Ephesians 4:22 – 24
  - Philippians 2:5
  - 2 Corinthians 3:18
  - 1 Thessalonians 5:16-18
  - Psalm 40:5
  - Ecclesiastes 5:19-20
  - Philippians 4:8
  - Proverbs 15:15
  - Colossians 4:2
- **Large Group Activity:** Invite Kristen Clark to facilitate her *Gratitude Whisper Walk*, where each guest will have the opportunity to whisper into the other guests’ ears a personal message of hope and inspiration. This activity can take up to an hour depending on the overall group size and requires a minimum of 30 guests to have the greatest success. Or purchase Kristen’s *Whispers of Gratitude Reflection CD* for smaller groups; this 3 minute musical reflection, followed by 10 minutes of personal meditation, is a great time for spiritual healing and nurturing of the soul.



## Keynote Speaker and Event Facilitator

Call 281-795-8890 or email [kristens@hiswitness.org](mailto:kristens@hiswitness.org)

Kristen Clark is an expert in developing and maintaining a positive attitude for personal success and she speaks frequently on this topic. Additionally, she serves as the contributing editor for the online *His Witness Ministries* and *New Beginnings Marriage Ministry*. Her articles on marriage and relationships have appeared in numerous online journals and magazines, while her inspirational short stories have been published in various books, including *Chicken Soup for the Soul*.