



**GRATEFULNESS MEANS BEING CONTENT WITH WHAT YOU HAVE AND SHOWING HOW MUCH YOU APPRECIATE IT.**

Write down three ways you showed gratefulness by showing your appreciation for what you have been given; first, at the studio, then, at school or work, and at home:

At the studio: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

At school or work: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

At home: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

In what ways are gratefulness and contentment related?  
\_\_\_\_\_  
\_\_\_\_\_

Describe how gratefulness affects the way you treat things given to you?  
\_\_\_\_\_  
\_\_\_\_\_



List five things about which you will better show your gratefulness:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

“In everything give thanks; for this is the will of God in Christ for you.”

- 1 Thessalonians 5:18 NLT

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