



wildcat *reset*

For best practice, select one gratitude exercise each week and complete it in class.

Gratitude Letter



How:

1. Describe specific things the person did for you.
2. Describe how the person impacted your life.
3. Describe how they made you feel.
4. Hand deliver your letter and read it to the recipient.

3 Gratitudes



How:

1. Think about items, people, or events for which you are particularly grateful.
2. As you write them down, try to experience and explain the sincere heart-felt feelings of gratitude associated with that item, person, or event.
 - Item: What does this item represent?
 - Person: How does this person encourage you?
 - Event: What about this event brightened your spirits?

Gratitude Experience



How:

While watching the video, do your best to form a deep, personal, and realistic reaction to the event. Then complete the following:

1. Identify the struggle.
2. Describe the help that was offered and received.
3. Reflect on your emotions. How did the event impact you?



Scan this QR code for all training materials for Wildcat Reset.