

Sweet Sheet

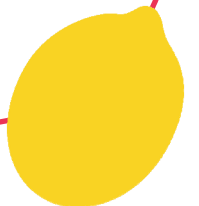
Thankfulness Challenge

This Thankfulness Challenge will help you become more compassionate and empathetic toward other people, even those who drive you crazy! Think about someone who makes your life difficult, someone who rubs you the wrong way and really gets under your skin. Your selfish ex? Your rude neighbor? Your two-faced coworker?

Next, write down 10 things you are thankful for or appreciate about the other person. Maybe your ex always drops off the kids on time. Maybe your coworker remembers to recycle. Take time to reread this list once a day. You'll find your anger fading away, and your relationship will improve because you made the decision to be thankful.

Name of Person:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



Thankfulness Challenge

Thank you for downloading the Thankfulness Challenge worksheet from Sage Grayson Coaching at <http://sagegrayson.com>. This is one of 7 exclusive worksheets from *How to Stay Sweet in a Sour World: Your Happiness Guidebook*.



Instructions

- Think about someone who makes your life difficult, someone who rubs you the wrong way and really gets under your skin. Your selfish ex? Your rude neighbor? Your two-faced coworker?
- Next, write down 10 things you are thankful for or appreciate about the other person. Maybe your ex always drops off the kids on time. Maybe your coworker remembers to recycle.
- Take time to reread this list once a day. You'll find your anger fading away, and your relationship will improve because you made the decision to be thankful.

Want to do some more happiness boosting exercises? Get your copy of *How to Stay Sweet in a Sour World: Your Happiness Guidebook* and start your happiness journey today! Learn more at <http://sagegrayson.com>.

Who's Sage?



Hey there! I'm Sage Grayson, and I'm your life coach, master motivator, and excuse killer. I help women stop being lazy, kill their lame excuses, and make their lives sweeter than a fistful of Twizzlers. I live in the suburbs of San Francisco with my husband, Chris, and dog, Skyla. Let's make your life sweet!

Like this worksheet? Get more unstoppable motivation at <http://sagegrayson.com>.

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