

GOT GRATITUDE?



BEST CARE
EMPLOYEE ASSISTANCE PROGRAM

Having gratitude means feeling a deep sense of appreciation for the people and things that bring us positive vibes. When others do something nice for us, it's important to acknowledge our gratitude. It's a give-and-take that pays out feel-good dividends.

Just for fun, complete this gratitude worksheet on your own or with your family!

I am grateful for my family because: _____

This is something that made me feel awesome this week:

I am grateful for my friendship with _____
because: _____

I am grateful for who I am because: _____

Something else that I'm grateful for is: _____

One thing I can do to "pay forward some good vibes" is:

Are there things on your mind you want or need to talk about? Best Care EAP professional counselors provide objective viewpoints and confidential assistance to you and your eligible family members. Please don't hesitate to contact us for an appointment.

(402) 354-8000, (800) 801-4182, or email eap@bestcareeap.org