6 DIMENSIONS OF GRATITUDE

Think about the following six dimensions of wellness: physical, emotional, social, occupational, financial, and spiritual. Next, for each category, write about something you are grateful for.

Physical	(Example: I am grateful that I rarely get sick.)
Emotional	(Example: I am grateful that I am free of depression.)
Social	(Example: I am grateful for my relationship with my sister.)
Occupational	(Example: I am grateful that I have a supportive boss.)
financial	(Example: I am grateful that I have an emergency fund set aside.)
Spiritual	(Example: I am grateful that I live in a wooded area.)