

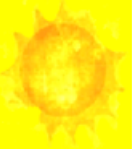


Thanksgiving Inventory

Happy Life U *because Happiness Can Be Learned*



This Inventory is for:		
Date:		
Category		
No	Name	What I Appreciate



Thanksgiving Inventory

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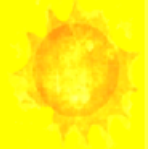


Instructions:

1. Make copies of the form on the first page to use as the basis of your inventory. You can make as many copies of this page as you want.
2. Fill out each page as explained below.

This Inventory is for:		<i>Your Name Goes Here</i>
Date:		<i>The date you fill out the page goes here.</i>
Category		<i>Use a category from the check list- use at least one page per category to help prompt you for more items you are grateful for.</i>
No.	Name	What I Appreciate
<i>Your number</i>	<i>Name the person, item, experience, place, or gift you are grateful for here. Or, put a picture here.</i>	<i>Briefly describe why you are grateful for this item. Say the benefit it brings to you, or the value it brings. For example, I am grateful to be able to see because seeing helps me experience beauty, stay safe, navigate around my world, read wonderful books, and do many useful and joyful things.</i>

3. Use the attached check list to help you think of items you are grateful for. These are just suggestions. Feel free to modify any of the items so they apply to you. For example, if the checklist says I have fingers and you are missing one, you might say- I have nine fingers, or if you have all your fingers, you might say I have 10 fingers.
4. Use your imagination and look in your heart to find more things you are grateful for. Do not let the list limit you, but use it to jump start your thinking.
5. Save your inventory and revisit it frequently.
6. You might want to put it in a notebook or binder that lets you add pages easily.
7. Add to your inventory every once in a while.
8. The goal is to make this gratitude list, or blessings inventory as complete as you can possibly make it.
9. You might want to decorate your binder so it is attractive to you. Keep it out on a table or desk so you are tempted to open it and thumb through it frequently.
10. Feel free to add categories to your checklist as you think of them.
11. If you would like, email us at info@happylifeu.com with new inventory categories or questions. Your efforts will help make the inventory checklist better for everyone.



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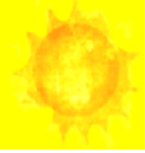
Gratitude Inventory Checklist

1) People

- a) Family Members
- b) Close Friends
- c) People you love
- d) People who love you
- a) People you talk with almost every day
- b) People you talk with almost every week
- c) People you talk with almost every month
- d) People who you can call on for help
- e) People who provide you with a service
- f) People who take care of you
- g) People you take care of
- h) People who helped you in a significant way
- i) People in groups or organizations you work with
 - i) Work
 - ii) School
 - iii) Church
 - iv) Clubs
 - v) Service Organizations
 - vi) Neighborhood groups
 - vii) Political Organizations
 - viii) Volunteer Organizations

2) Health and Physical Attributes

- a) I can walk
- b) I can see
- c) I can hear
- d) I can smell
- e) I can taste
- f) I can chew
- g) I have good teeth
- h) I have feeling on my skin
- i) I have fingers
- j) I have toes
- k) My joints work



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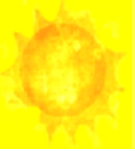
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- l) I have working arms
- m) I have working legs
- n) I have working hands
- o) I have a nice face
- p) I have hair on my head
- q) I am pain free
- r) I am disease free
- s) I am in good physical condition- I am physically fit
- t) I have strong muscles
- u) I can do everyday tasks with ease

3) Skills, talents and knowledge

- a) I am good at:
 - i) Sports
 - ii) Reading
 - iii) Singing
 - iv) Playing an instrument
 - v) Drawing
 - vi) Solving puzzles
 - vii) Talking to people
 - viii) Public Speaking
 - ix) Learning new things
 - x) Making things
 - xi) Fixing things
 - xii) Growing things
 - xiii) Cooking
 - xiv) Healing others
 - xv) Teaching others
 - xvi) Dancing
 - xvii) Making people laugh
 - xviii) Building things
 - xix) Writing
 - xx) Poetry
 - xxi) Diplomacy
 - xxii) Making others feel comfortable or cared for
- b) I know a lot about:
 - i) Computers



Thanksgiving Inventory

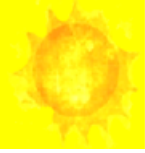
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- ii) People
 - iii) Politics
 - iv) Plants
 - v) Animals
 - vi) Nuclear physics
 - vii) Bridges
 - viii) Astrology
 - ix) Literature
 - x) Nature
 - xi) Spirituality
 - xii) Business
 - xiii) Medicine
- c) I have training, certifications or degrees in:
- i) Nursing
 - ii) Teaching
 - iii) Math
 - iv) Language
 - v) Accounting
 - vi) Financial Management
 - vii) Sociology
 - viii) Engineering
- d) I have been recognized for my achievements in:
- i) Business
 - ii) Research
 - iii) Making Peace
 - iv) Art
 - v) Science
 - vi) Music
 - vii) Dance
 - viii) Athletics
 - ix) Heroism
 - x) Bravery
 - xi) Putting in extra effort

4) Things you Have or own

- a) Home
- b) House



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- c) Car
- d) TV
- e) Boat
- f) Building
- g) Business
- h) Factory
- i) Sewing Machine
- j) Tools
- k) Farm
- l) Land
- m) Animals
- n) Bicycle
- o) Computer
- p) Books, Records, Videos, CDs, DVDs, Mp3s, Movies
- q) Cameras
- r) Audio Equipment
- s) Jewelry
- t) Nice clothes

5) Things you Have Access To

- a) Services
 - i) Public Transportation
 - ii) Electricity
 - iii) Running Water
 - iv) Internet
 - v) Good roads
 - vi) Good restaurants
 - vii) Good hair dresser
 - viii) Good mechanic
 - ix) Good health care
 - x) Good teachers
- b) Places
 - i) Wonderful parks
 - ii) Recreation Center
 - iii) Pool
 - iv) Quiet place
 - v) Safe place



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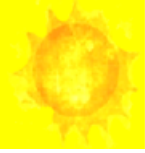
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- vi) Private place
- vii) Place to get away from it all
- viii) Vacation spot
- ix) Resort
- x) Ski mountain
- xi) Ocean
- xii) Beach
- xiii) Fishing place
- xiv) Hunting place
- xv) Shopping
- c) Things that help you learn and grow
 - i) An education
 - ii) Library
 - iii) Tutor
 - iv) Mentor
 - v) Professional organization
 - vi) Church
 - vii) Recovery Group
 - viii) Physical Therapy- physical trainer
 - ix) Coach
 - x) Spiritual leader
 - xi) Elected official

6) Things that are fun

- i) People that make you laugh
- ii) Bowling
- iii) Sports
- iv) Dancing
- v) Parties
- vi) Movies
- vii) Night Clubs
- viii) Choir practice
- ix) A place to play music or sing
- x) Art
- xi) Golf
- xii) Deep sea diving
- xiii) Mountain climbing



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7) Things that Give You Hope

- a) God
- b) A new job
- c) A scholarship
- d) A grant, or financial benefit
- e) A windfall
- f) A good doctor or health care professional
- g) A rescuer

8) Things that give you security

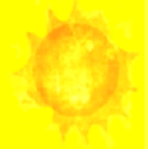
- a) Police
- b) Fire and ambulance service
- c) A good job
- d) Marketable skills
- e) A safe home
- f) A partner you can depend on
- g) A cupboard full of food
- h) A good watch dog

9) Things you are passionate about

- a) Theatre
- b) Dance
- c) Politics
- d) Helping Others
- e) Preserving history
- f) Building a school
- g) Making a difference
- h) Music
- i) Nature
- j) Raising a child
- k) Loving a partner
- l) Cooking

10) Peak Experiences You Have Had

- a) Solving a problem
- b) Climbing a mountain



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- c) Helping someone
- d) Overcoming a challenge
- e) Winning an award
- f) Winning an election
- g) Winning a competition
- h) Going to the moon
- i) Getting married
- j) Having a child
- k) Discovering something new

11) Lucky Experiences

- a) Winning a prize
- b) Avoiding an accident
- c) Finding something unexpected
- d) Meeting someone unexpectedly
- e) Getting an opportunity
- f) Winning a bet
- g) Living in a democracy
- h) Being born wealthy
- i) Being born healthy
- j) Being born to great parents
- k) Being saved by someone or something
- l) Getting a lucky break

12) Other

- a) Being forgiven
- b) Being loved
- c) Being in power or empowered
- d) Being optimistic
- e) Being happy
- f) Being accepted as you are
- g) Getting a second chance

We feel gratitude when ever we appreciate something we are, or have, or know, or do, or receive. To live in gratitude is to live in a state of grace. Count your blessings regularly for a happy life!