

# **i'm thankful for worksheet**

**i'm thankful for worksheet** resources have become an essential tool in educational and developmental settings, promoting gratitude and positive thinking among children and adults alike. These worksheets are designed to encourage individuals to reflect on what they appreciate in their lives, fostering emotional well-being and mindfulness. By incorporating an i'm thankful for worksheet into classrooms, therapy sessions, or home activities, educators and caregivers can enhance social-emotional learning and support mental health. This article explores the benefits, effective uses, and different types of i'm thankful for worksheets, as well as tips for creating and implementing them effectively. Understanding the full scope of these tools will help maximize their impact on gratitude development. The following sections provide a comprehensive overview of this valuable educational resource.

- Benefits of Using an I'm Thankful For Worksheet
- Types of I'm Thankful For Worksheets
- How to Create an Effective I'm Thankful For Worksheet
- Incorporating I'm Thankful For Worksheets in Educational Settings
- Using I'm Thankful For Worksheets for Mental Health and Personal Growth

## **Benefits of Using an I'm Thankful For Worksheet**

An i'm thankful for worksheet offers numerous advantages that contribute to emotional and cognitive development. By prompting individuals to identify and express gratitude, these worksheets encourage positive thinking patterns and reduce stress. The act of writing down things one is thankful for can enhance mood and increase overall happiness. In educational settings, such worksheets support social-emotional learning by helping students develop empathy, self-awareness, and interpersonal skills.

## **Enhancing Emotional Well-being**

Gratitude exercises, such as those found in an i'm thankful for worksheet, have been shown to improve emotional well-being by shifting focus away from negative thoughts. Regular practice can decrease symptoms of anxiety and depression while increasing feelings of contentment and satisfaction. This emotional shift is critical for both children and adults in managing daily stressors.

## **Promoting Positive Social Interactions**

Expressing thankfulness can foster stronger relationships. When individuals acknowledge the positive actions of others, it nurtures kindness and gratitude within social groups. I'm thankful for worksheets encourage this habit by making gratitude a deliberate and reflective practice, thereby improving social dynamics and communication.

## **Supporting Cognitive Development**

Using an i'm thankful for worksheet enhances cognitive abilities such as reflective thinking and emotional intelligence. The process encourages users to analyze their experiences and recognize positive aspects of their lives, strengthening mental faculties related to memory and attention.

## **Types of I'm Thankful For Worksheets**

Various formats of i'm thankful for worksheets exist, each tailored to different age groups, learning objectives, and settings. These worksheets can range from simple fill-in-the-blank templates to more complex reflective prompts. Selecting the appropriate type depends on the context and desired outcomes.

### **Basic Gratitude Lists**

The most common type involves straightforward lists where individuals write down things they are thankful for. This format is especially effective for younger children and beginners, encouraging the habit of daily gratitude without complexity.

### **Prompt-Based Worksheets**

More advanced worksheets include prompts or questions that stimulate deeper reflection. Examples include "Who made you smile today?" or "What is something kind someone did for you recently?" These prompts guide users to consider specific gratitude aspects, enhancing mindfulness.

### **Creative and Artistic Worksheets**

Some worksheets incorporate drawing or creative expression alongside written responses. This format caters to visual learners and allows for a more engaging and personalized gratitude practice. It can include spaces for illustrations or collages related to thankful experiences.

## **Group or Classroom Worksheets**

Designed for collective use, these worksheets promote sharing gratitude within groups. They may include activities like “Thank You” cards or partner reflections, fostering community and collaborative learning.

## **How to Create an Effective I'm Thankful For Worksheet**

Designing an impactful i'm thankful for worksheet requires thoughtful consideration of the audience and objectives. A well-crafted worksheet should be clear, engaging, and adaptable to various contexts.

### **Identify the Target Audience**

Understanding the age, cognitive level, and cultural background of the users is critical. Worksheets for young children should use simple language and visual aids, while those for older students or adults can incorporate more complex prompts.

### **Include Clear Instructions**

Providing straightforward directions ensures that users understand the purpose and how to complete the worksheet. Instructions should encourage honesty and reflection without pressure.

### **Balance Structure and Flexibility**

An effective worksheet offers enough structure to guide responses but allows flexibility for personal expression. This balance helps maintain engagement and authenticity in gratitude practice.

### **Incorporate Varied Activities**

Including different types of tasks such as listing, drawing, or answering questions can cater to diverse learning styles and keep the activity interesting. Varied formats also promote deeper engagement with the concept of thankfulness.

# **Incorporating I'm Thankful For Worksheets in Educational Settings**

Implementing i'm thankful for worksheets in schools and educational programs can significantly enhance social-emotional learning curricula. These tools support character education and help build a positive classroom environment.

## **Integrating into Daily or Weekly Routines**

Regular use of i'm thankful for worksheets can establish gratitude as a consistent habit. Teachers can dedicate time each day or week for students to complete worksheets, fostering ongoing reflection and discussion.

## **Facilitating Group Discussions**

After completing worksheets, educators can encourage sharing and dialogue about gratitude experiences. This practice promotes empathy, listening skills, and mutual respect among students.

## **Supporting Diverse Learners**

Customizing worksheets to meet the needs of students with different abilities or language proficiencies ensures inclusivity. Visual supports, simplified language, and additional guidance can make gratitude exercises accessible to all learners.

## **Using I'm Thankful For Worksheets for Mental Health and Personal Growth**

Beyond educational settings, i'm thankful for worksheets serve as valuable tools for mental health professionals and individuals seeking personal development. They facilitate mindfulness, reduce negative thought patterns, and enhance resilience.

## **In Therapeutic Contexts**

Therapists often use gratitude worksheets as part of cognitive-behavioral therapy or positive psychology interventions. These exercises help clients focus on strengths and positive aspects of life, complementing treatment for depression and anxiety.

# Encouraging Daily Gratitude Practice

Incorporating these worksheets into daily routines promotes sustained personal growth. By consistently recognizing gratitude, individuals can build a more optimistic outlook and improve coping strategies.

## Enhancing Family and Group Dynamics

Using i'm thankful for worksheets within families or support groups can strengthen relationships and communication. Shared gratitude activities foster connection and mutual appreciation, contributing to healthier interpersonal environments.

1. Promotes emotional well-being and reduces stress
2. Enhances cognitive and reflective skills
3. Supports social-emotional learning in educational contexts
4. Facilitates mental health improvements in therapeutic settings
5. Encourages positive social interactions and empathy

## Frequently Asked Questions

### What is an 'I'm Thankful For' worksheet?

An 'I'm Thankful For' worksheet is an activity sheet designed to help individuals, often children, reflect on and list things they are grateful for. It is commonly used around Thanksgiving or in gratitude exercises.

### How can teachers use 'I'm Thankful For' worksheets in the classroom?

Teachers can use 'I'm Thankful For' worksheets to encourage students to practice gratitude, improve writing skills, and foster a positive classroom environment by having students share what they appreciate in their lives.

### Are 'I'm Thankful For' worksheets suitable for all age groups?

Yes, 'I'm Thankful For' worksheets can be adapted for different age groups by varying the complexity of prompts and the format, making them suitable for young children, teenagers, and even adults.

## Where can I find free printable 'I'm Thankful For' worksheets?

Free printable 'I'm Thankful For' worksheets can be found on educational websites, teacher resource platforms like Teachers Pay Teachers, Pinterest, and various parenting blogs.

## What are some creative ways to use an 'I'm Thankful For' worksheet at home?

At home, families can use 'I'm Thankful For' worksheets as part of a daily or weekly gratitude practice, share responses during mealtime, or create a gratitude wall by displaying completed worksheets.

## How does completing an 'I'm Thankful For' worksheet benefit mental health?

Completing an 'I'm Thankful For' worksheet helps individuals focus on positive aspects of their lives, which can reduce stress, increase happiness, and promote a more optimistic outlook, contributing to improved mental well-being.

## Additional Resources

### 1. *Gratitude Journals for Kids: Cultivating Thankfulness Through Fun Worksheets*

This book offers a variety of engaging worksheets designed to help children recognize and express gratitude in their daily lives. Through creative prompts and activities, kids learn to identify things they are thankful for, fostering a positive mindset. It's an excellent resource for parents and educators aiming to build emotional intelligence and appreciation in young learners.

### 2. *Thankful Hearts: A Workbook for Practicing Gratitude*

Thankful Hearts provides a structured approach to developing gratitude with thoughtful exercises and reflections. Suitable for all ages, the workbook encourages users to document things they are thankful for and explore how gratitude impacts their well-being. The activities promote mindfulness and help establish a regular gratitude practice.

### 3. *The Gratitude Challenge: 30 Days of Thankful Worksheets*

This book presents a month-long journey of daily gratitude exercises designed to deepen appreciation and positivity. Each worksheet prompts the user to reflect on different aspects of life, from relationships to simple pleasures. The challenge format motivates consistent practice and helps build lasting habits of thankfulness.

### 4. *Thankfulness Worksheets for Children: Building Character and Kindness*

Targeted at young children, this collection of worksheets focuses on nurturing thankfulness alongside important character traits like kindness and empathy. Interactive activities make gratitude tangible and relatable, helping kids understand the value of appreciating others. Teachers and parents will find it a practical tool for social-emotional learning.

### 5. *My Gratitude Journal: A Guided Workbook for Teens*

Designed specifically for teenagers, this guided workbook combines journaling prompts with gratitude exercises to support emotional growth. It encourages teens to explore their feelings and

recognize positive influences in their lives. The reflective format also aids in managing stress and enhancing mental health.

#### *6. Gratitude and Mindfulness: Worksheets to Cultivate a Thankful Life*

This book merges the practices of gratitude and mindfulness through thoughtfully crafted worksheets. Users are guided to become more aware of the present moment while appreciating the good around them. The exercises help reduce anxiety and increase overall happiness by fostering a thankful outlook.

#### *7. Thankful for Family: Worksheets Celebrating Loved Ones*

Focusing on family appreciation, this workbook includes activities that encourage users to acknowledge and honor their loved ones. Through storytelling, drawing, and writing, participants express gratitude for family bonds. It's a heartwarming resource that strengthens connections and highlights the importance of relationships.

#### *8. Gratitude Worksheets for Classroom Use: Teaching Thankfulness to Students*

This collection is tailored for educators looking to introduce gratitude into their curriculum. It features diverse worksheets that engage students in recognizing and sharing what they are thankful for. The materials support character education and create a positive classroom environment.

#### *9. Everyday Thankfulness: Simple Worksheets to Boost Your Gratitude Practice*

Everyday Thankfulness offers straightforward, easy-to-complete worksheets designed to incorporate gratitude into daily routines. Suitable for all ages, the book encourages users to find joy in everyday moments and document their thankfulness regularly. Its simplicity makes it an effective tool for building lasting gratitude habits.

## **I M Thankful For Worksheet**

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**i m thankful for worksheet:** *Lesson Planning for Skills-Based Elementary Health Education*

Holly Alperin, Sarah Benes, 2020-03-25 Lesson Planning for Skills-Based Elementary Health Education is a highly practical resource for elementary health educators or general classroom teachers looking for innovative, tried-and-true ways to implement health education. The text offers effective skills-based learning activities, lessons, units, and assessments for your classroom that you can use as they are or with modifications to meet the needs of your students. You can use this text to build a completely new curriculum or to supplement your existing curriculum, providing a smooth transition from a content-based approach to a skills-based approach. The authors explain the rationale and foundation for making that transition, putting the lesson plans, activities, and assessments into context as you learn how to implement a skills-based approach. The 130 lessons and activities in Lesson Planning for Skills-Based Elementary Health Education have been created by the authors and experienced teachers broadly recognized for their expertise in skills-based health education; organized to map to the skills in the National Health Education Standards and align with a five-step skill-development model; designed to be adaptable to meet the needs of all students; and enhanced with student worksheets that are available in both English and Spanish. Lesson Planning for Skills-Based Elementary Health Education is an ideal companion to The Essentials of Teaching Health Education, a foundational text by Benes and Alperin that presents teaching and assessment strategies for planning and implementing a skills-based approach to teaching health education. Together, these two books can help you effectively teach skills-based health education from day one. Lesson Planning for Skills-Based Elementary Health Education offers a detailed, easy-to-use learning activity template and employs a teacher-friendly format that has been proven effective in the field. It comes with a web resource that provides digital versions of the book's many reproducible forms, available in both English and Spanish. (The web resource is included with all new print books and some ebooks. For ebook formats that don't provide access, the web resource is available separately.) The text is organized into two parts. Part I delves into key aspects of planning, implementing, and assessing a skills-based approach, offering you a strong foundation in the core concepts of the approach. Each of the part II chapters is devoted to a skill addressed in the National Health Education Standards, providing you with the following material: An overview of the skill Key considerations for teaching the skill A unit outline Assessments Lesson plans Learning activities Lesson Planning for Skills-Based Elementary Health Education offers you all you need to put a skills-based approach into practice: the solid foundational information that explains the concepts and the resources, tools, and strategies to help you implement the lesson plans and activities that will aid your students in developing proficiency in the skills emphasized in the national standards.

**i m thankful for worksheet:** Graphic Gratitude Guides for a Practice of Gratitude Etta Johnson, 2020-12-01 Graphic Gratitude Guides for a Practice of Gratitude By: Etta Johnson Just for you—a mindful approach to positivity through gratitude for what is good in your life. Graphic Gratitude Guides for a Practice of Gratitude is a response to a critical need for hope at this unprecedented time in our nation's history. This simple book provides activities for being mindful of your gratitude. You can find where you fit among the six guides: parent and young child, kids and families, English learners, young adult, adult and elders. A moral compass, gratitude for kindness, growing hope and thankfulness for the USA are also included. Just for you—a guide to help you “view the world with gratitude for a positive attitude”—a logo, a mantra, a mindful lifestyle.

**i m thankful for worksheet:** *The 3 Pillars Of Lasting Happiness* Meenakshi R Singh, 2025-02-16 The 3 Pillars of Lasting Happiness is a transformative guide to unlocking lasting happiness through three powerful pillars—Gratitude, Resilience, and Purpose. With practical tools, inspiring real-life stories, and easy-to-follow practices, this guide empowers you to build a life that's not only joyful but deeply meaningful. In today's fast-paced world, where time is a luxury, this book introduces a new concept in the self-help genre—a concise yet powerful guide designed for readers who struggle to find time for lengthy books. With this offering, the author pioneers a new category of self-help books under 100 pages, delivering actionable insights in a compact format to empower readers to transform their lives quickly and effectively. Featuring vibrant, full-color images that amplify the key messages of the book, this engaging and impactful guide will elevate your reading



experience and inspire lasting happiness.

**i m thankful for worksheet:** Eat Sanely Terese Katz, 2011-04-01

**i m thankful for worksheet:** *Helping Students Overcome Depression and Anxiety* Kenneth W. Merrell, 2013-11-18 Now in a revised and expanded second edition, this bestselling guide provides expert information and clear-cut strategies for assessing and treating internalizing problems in school settings. More than 40 specific psychoeducational and psychosocial intervention techniques are detailed, with a focus on approaches that are evidence based, broadly applicable, and easy to implement. Including 26 ready-to-use worksheets, in a large-size format with permission to photocopy, the second edition has been updated throughout to ensure its currency and clinical utility. Coverage of psychiatric medications has been extensively revised with the latest developments and findings. A new chapter addresses prevention-oriented social and emotional learning curricula for the classroom. This book is in The Guilford Practical Intervention in the Schools Series, edited by T. Chris Riley-Tillman.

**i m thankful for worksheet:** *Letting Go of Fear* Neil T. Anderson, Rich Miller, 2018-09-04 Experience Freedom by Embracing One Fear—and Releasing All Others It sounds strange, doesn't it? Exchanging your fears for another. But the fear of God has the power to extinguish every anxiety that keeps you from living in hope. Bestselling authors Neil Anderson and Rich Miller want to show you how to let go of the common but harmful fears of failure, evil, and death and find safety in your relationship with God. As you uncover the path to true freedom, you'll also see where your fears come from and why it's exceedingly important to break their hold on you now. Come, trade your worry-filled days and nights for a worshipful life. See how in the fear of the Lord there is strong confidence (Proverbs 14:26)—all you need to live courageously and peacefully, even in frightening times.

**i m thankful for worksheet:** Anxiety and Depression Workbook For Dummies Elaine Iljon Foreman, Charles H. Elliot, Laura L. Smith, 2011-01-06 Anxiety and depression affect over 10% of the population. They can become debilitating conditions if not managed carefully so there are thousands of people looking for advice on how to keep their symptoms under control. Anxiety & Depression Workbook For Dummies provides readers with practical exercises and worksheets to help them analyse their thinking patterns and overcome the issues that are holding them back. The workbook format is ideal for those wanting to track their progress and make positive changes to both their mental and physical health. Anxiety & Depression Workbook For Dummies, UK Edition covers: Part I: Recognising and Recording Anxiety and Depression Chapter 1: Spotting the Signs of Anxiety and Depression Chapter 2: Digging Up the Roots of Your Worries Chapter 3: Overcoming Obstacles to Change Chapter 4: Monitoring Your Moods Part II: Understanding Your Thinking: Cognitive Therapy Chapter 5: Viewing Things A Different Way Chapter 6: Challenging and Changing Thoughts Chapter 7: Seeing Clearly: Gaining A New Perspective Chapter 8: Maintaining Awareness and Achieving Acceptance Part III: Taking Action: Behaviour Therapy Chapter 9: Facing Feelings: Avoiding Avoidance Chapter 10: Lifting Your Spirits With Exercise Chapter 11: Taking Pleasure from Leisure Chapter 12: Just Do It! - Tackling Life's Problems Part IV: Feeling It Where It Hurts: Healing the Body Chapter 13: Taking the Relaxation Route Chapter 14: Making Your Mind Up About Medication Part V: Revitalising Relationships Chapter 15: Working on Relationships Chapter 16: Smoothing Out Conflict Part VI: Life Beyond Anxiety and Depression Chapter 17: Reducing the Risk of Relapse Chapter 18: Promoting The Positive Part VII: The Part of Tens Chapter 19: Ten Helpful Resources Chapter 20: Ten Terrific Tips

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study (Parts 1 & 2) to incorporate Godly habits and learn to live the joyful, fulfilling, abundant life God intended His children to live!

**i m thankful for worksheet: Anxiety and Depression Workbook For Dummies** Charles H. Elliott, Laura L. Smith, Aaron T. Beck, 2005-11-07 From identifying your triggers to improving your relationships -- manage your emotional wellbeing Struggling to cope with anxiety and/or depression? Have no fear -- this hands-on guide focuses on helping you pinpoint the root of your problems and find relief from your symptoms in a detailed, step-by-step manner. With concise, eye-opening exercises, you'll understand how to assess your current situation, remove the roadblocks to change, face your fears, and improve your view of yourself and the world around you. You'll see how to take direct action to alter negative or distorted thinking, lift your moods, and adopt positive habits that will lead you toward a more joyful, meaningful, and connected life! Discover \* How to improve the way you feel about yourself \* Skills to face and overcome what makes you anxious or depressed \* How to determine whether medication is an option for you \* Practical ways to prepare for and deal with setbacks

**i m thankful for worksheet: Trauma-Focused CBT for Children and Adolescents** Betiana Holmes, Kids aren't clueless. They notice painful experiences—perhaps a frightening incident, or the sting of a deep disappointment—and they need clear, direct ways to handle those burdens. This book offers structured, playful steps for caregivers, parents, and therapists who want a solid approach (not scattered ideas) to help children move forward after facing trauma. Inside, you'll find simple yet purposeful worksheets, "Fear Ladder" activities, calming strategies, and interactive games tailored to hold a child's attention. You'll also encounter real stories: a nine-year-old boy who stopped dreading thunderstorms once he consistently used a breathing tool and a teenager who eased her school anxiety through a short, honest daily reflection. Each example reveals how kids can shift their outlook once they're given methods that feel both safe and engaging. Every page is written in a plain, straightforward tone—no complicated jargon. The focus remains on practical tips you can implement right away. Readers will see how playful exercises can lower a child's fear while still treating the subject matter with seriousness and empathy. A Final Reflection Pick a few key strategies. Work on them consistently. Notice small wins, even if it's just a child who stays calm for two more minutes than usual. Those moments add up, building the confidence needed for genuine emotional growth.

**i m thankful for worksheet: Anxiety & Depression Workbook For Dummies** Laura L. Smith, 2022-04-19 Tackle anxiety and depression head-on with this practical workbook If you're one of the millions of people affected by—or whose loved ones are affected by—anxiety and depression, you're probably looking for strategies to help subdue or even transcend these debilitating and painful disorders. In that case, Anxiety and Depression Workbook For Dummies is a great place to start. This book is filled with chapters that cut across diagnostic categories, incorporating treatment techniques based on Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Emotion Focused Therapy, and Interpersonal Therapy. Use the techniques explored in this book to start making real changes, which can quickly lead to you feeling better. It also includes: Practical and hands-on descriptions of mindfulness-based practices you can implement immediately Brand-new updates to reflect modern changes in technology, social media, and the prevalence of loneliness Consideration of the pros and cons of medications and other biological interventions for depression and anxiety, including exploration of the placebo effect Additional worksheets online available for download Perfect for anyone trying to work through the challenging issues presented by anxiety and depression, for those trying to help a loved one do the same thing, or for those in therapy, this book is an excellent supporting resource that can help contribute to positive changes in the lives of people affected by emotional distress.

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accordingly. The human process leads us frequently in the wrong direction. The mental health therapist must be aware of this problem. Therefore, it's very important to examine the patient's thinking process and what they have done (or are doing) that may have created (or may be creating) their problems. Some patients have difficulty not only in understanding what you advise them to do but also in following that advice. Problems within the brain system may make it harder to overcome their issues, but that is not always the case. Ensure that the information you give them is understandable and that they follow through with it properly. Always be loving and caring to each and every patient you treat. The contents of this book should help you successfully treat your patients.

**i m thankful for worksheet: *How To Live Happy Life*** Dr. Vandana Gade, Break free from "someday I'll be happy." In this practical guide, life-transformation coach Dr. Vandana Gade leads you through a 30-day journey that strengthens the four pillars every fulfilled life rests upon—Health, Relationships, Career, and Money. What's inside? Day-by-day coaching: short, soul-centred chapters, reflection prompts, and bite-sized habits that fit into real-world schedules. Whole-life blueprint: proven tools to heal your body, speak love in every relationship, align work with purpose, and invite prosperity as a friend—not a fear. Science meets soul: mind-body techniques, gratitude journaling, and value-driven goal-setting—all explained in warm, conversational language. Lasting motivation: inspiring affirmations and vision-building exercises that remind you happiness is a daily design, not a future destination. "When your Health fuels you, your Heart connects you, your Purpose drives you, and your Prosperity flows through you, happiness becomes your way of life." Whether you're burnt out, at a crossroads, or simply ready to bloom, *How to Live Happy Life* hands you the roadmap, and the gentle push, to create a vibrant, balanced life from the inside out. Start today; your happiest self is waiting.

**i m thankful for worksheet: *On the Same Page with God*** Jenn Soehlin, 2024-07-30 *On the Same Page with God* will help you view the Bible as a treasure trove of prayer possibilities, providing you with the words that can align your heart and your will with God. Within these pages, you will uncover the benefits of praying Scripture and experience the transformative power of getting on the same page with God, both literally and figuratively. Filled with compelling narratives, biblical insights, practical prayer strategies, and lists of Scriptures to pray on a variety of topics, author Jenn Soehlin invites you to revitalize your prayer life and deepen your faith with the practice of praying God's Word.

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DeLapp, 2025-01-29 Who am I? This is such a simple yet challenging question for many teens and young adults to answer. And for teens and young adults of color, your journey of self-discovery likely includes moments of being judged, mistreated, or denied important opportunities because of your racial and cultural background. Psychologist Ryan C. T. DeLapp has devoted his career to understanding these experiences of racial and cultural stress--and helping people build skills to heal from and cope with them. This inviting book presents step-by-step strategies and downloadable worksheets for implementing Dr. DeLapp's innovative REACH program, whether on your own or with a group. Follow the stories of three fictional navigators--Greg, Amia, and Jamal--as you choose your own path to: Identify your own cultural stressors. Cope with big and uncomfortable emotions caused by cultural stress. Stand up to injustice and find ways to change or improve culturally stressful environments. Grow and protect your self-love, self-confidence, and cultural pride. Spark meaningful conversations about racial and cultural stress with people you trust. Explore who you truly want to be, and how to overcome obstacles to getting there.

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**i m thankful for worksheet: The Fire Starter Sessions** Danielle LaPorte, 2012-04-17 The Fire Starter Sessions is an apathy-kicking, integrity-infusing guide to defining success on your own terms. Danielle LaPorte's straight-talk life-and-livelihood sermons have been read by over one million people. Bold but empathetic, in The Fire Starter Sessions she reframes popular self-help and success concepts, including: - Life balance is a myth, and the pursuit of it is causing us more stress than the craving for balance itself. - Being well-rounded is over-rated. When you focus on developing your true strengths, you enter your mastery zone. - Screw your principles (they might be holding you back). - We have ambition backwards. Getting clear on how you want to feel in your life + work is more important than setting goals. It's the most potent form of clarity that you can have, and it's what leads to true fulfillment.

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