



Name: \_\_\_\_\_

What is your favourite thing to do?

Your favourite food?

Your favourite game?

Don't you feel so glad when you get to have those things?

# 感恩

## Give Thanks

Have you ever seen a little kid get a new phone or gadget from their parents, and then complain and cry that it's not exactly the one they wanted? We would probably describe that child as "spoiled" or "ungrateful", right?

One of the main causes of MISERY and UNHAPPINESS in the world today is a LACK OF GRATITUDE. People are never satisfied with what they have, and they take all of their many luxuries for granted. So often we don't really appreciate what we have until we lose it. If we spend all of our time and efforts complaining about what we don't have, we will absolutely be MISERABLE all the time. Guaranteed.

If you find yourself down in the dumps, a sure way to lift your spirits is to take inventory of what you have. Chances are, you have more than you think.

Having an ATTITUDE OF GRATITUDE is a defining characteristic of a Black Sash. Black Sashes always look on the bright side, and always consider what they have before the consider what they do not have.

Use the back of this sheet to list 50 things you are grateful for. Be as specific as you can.

If you are under 18 have your parent sign below. Hand this sheet in to your instructor. Note: this assignment is mandatory to test for your next sash rank.

Student Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_  
(if under 18)

# 50 Things I'm Grateful For

- |     |     |
|-----|-----|
| 1.  | 26. |
| 2.  | 27. |
| 3.  | 28. |
| 4.  | 29. |
| 5.  | 30. |
| 6.  | 31. |
| 7.  | 32. |
| 8.  | 33. |
| 9.  | 34. |
| 10. | 35. |
| 11. | 36. |
| 12. | 37. |
| 13. | 38. |
| 14. | 39. |
| 15. | 40. |
| 16. | 41. |
| 17. | 42. |
| 18. | 43. |
| 19. | 44. |
| 20. | 45. |
| 21. | 46. |
| 22. | 47. |
| 23. | 48. |
| 24. | 49. |
| 25. | 50. |