

**GRATITUDE, A GREAT ATTITUDE  
WEBCAST CLASS  
November 14, 2007**

**Partner Exercise**

- 1. In what area or situation in your life is it difficult for you to experience gratitude?**
- 2. How does your attitude limit you?**
- 3. How could you nurture the attitude of gratitude in this situation by being more giving or receiving?**
- 4. Forgive yourself for any judgments you have made by completing the following statement:**

**I forgive myself for judging ...**

- 5. Close your eyes and imagine yourself using this experience to become more grate-full. See it or imagine it as clearly and as detailed as you can.**

**(PAUSE)**

- 6. Share how you experience yourself in this situation or area of your life now.**

If you complete the questions before time is called, begin at question number 1 again with a new area or situation