

What is the best thing that has happened to you in the last week.

**Lunges**

When was the last time you laughed until you cried? Who were you with?

**Calf Raises**

Name someone who helped you become who you are today.

**Mountain Climbers**

Who would you like to call that you haven't talked to in a while?

**Pushups or Wall Push ups**

Who is someone who has gone out of their way for you this year?

**Plie Squats**

Name someone you were able to help in a time of need.

**Jumping Jacks or Burpees**

What is the nicest thing someone has done for you in the last month?

**Squats**

What are you grateful for right now?

**Oblique Twists**

the  
*julie wilkes*  
workout collection

Who helped you during a tough time?

**Sit Ups/Crunches**

What song makes you feel happy?

**Tricep Dips**

GRATITUDE CARDS

<p>If you could thank one person you haven't, who would you thank? (and go do that!)</p> <p><b>Squat knee crunches</b></p>	<p>Who would appreciate a hand-written letter from (will you write one today?)</p> <p><b>Front Raises with Weights or Water Bottle</b></p>	<p>What is the best piece of advice you've been given?</p> <p><b>Side Plank</b></p>
<p>Who was the last person who did something kind for you?</p> <p><b>Shoulder Presses (with weights or water bottles)</b></p>	<p>What was something done for you that changed your life?</p> <p><b>Deltoid Raises with Weights or Water Bottle</b></p>	<p>Who do you look forward to seeing this week?</p> <p><b>Plank</b></p>
<p>What is something you are good at?</p> <p><b>Glute Heel Presses in Table Top</b></p>	<p>Who believed in you when you need it?</p> <p><b>Tricep Pushups</b></p>	<p>the julie wilkes workout collection</p>
<p>What makes you happy?</p> <p><b>Curtzy Lunges</b></p>	<p>Who recently listened to you when you needed a friend?</p> <p><b>Pushup Rotation with Thread the Needle</b></p>	

GRATITUDE CARDS

Go call someone and tell them you are grateful for them.

Do something kind for someone you are grateful for...

Go do a kind act for someone and don't tell anyone.

Write a hand-written thank-you letter to someone.

Buy a greeting card and send someone a card in the mail.

the  
*julie wilkes*  
workout collection

THANK IT FORWARD ACTIONS