

# MY GRUMBLE LIST

We all have grumbles in our lives. Our grumbles are things we "have to do" to keep order in our lives. Examples might include: washing dishes, folding laundry, making the bed, etc.



**Make a list of 10 grumbles and let's turn them into gratitudes!**

1+



6+



2+



7+



3+



8+



4+



9+



5+



10+

