

True or False

Follow the instructions to complete the activity.

NAME

DATE

Using information found in *Gratitude*, verify whether the following statements are true or false. Check your answers in the book. If the answer is false, write the correct answer below the statement. List the page number where you found the information beside your answer.

Statement 1	Gratitude encourages forgiveness.	True False	Page Number	
Statement 2	A busy, loud space such as a stadium can be the perfect place to develop mindfulness.	True False	Page Number	
Statement 3	Being mindful means paying close attention to what has happened in the past.	True False	Page Number	
Statement 4	Being aware of your own gratitude helps you be happier.	True False	Page Number	
Statement 5	You can build gratitude by learning to be mindful.	True False	Page Number	



Be Your Best Gratitude Reference: All Pages

Page 1 of 1

