

Daily Dad GRATITUDE

Ages 13–21

A DAILY DOSE OF DADDY

DOSE 5 OF 365

How do you feel today? Circle yours · Dad ★ yours

Think about what you have.

Take-it-for-granted hunt (find each one, then write what it is)

- ☐ Something you use daily but rarely notice — Found: _____
- ☐ Something that came from someone else's hard work — Found: _____
- ☐ Something you'd replace first if it were gone — Found: _____
- ☐ A skill someone taught you — Found: _____
- ☐ A place that feels like home — Found: _____
- ☐ A person you haven't thanked lately — Found: _____

Did you know? Marcus Aurelius opened his private notebook, the Meditations, by thanking his family and teachers, one by one, for what each taught him.

My "Book 1"

From Dad, I learned _____

From a friend, I learned _____

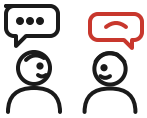
From a hard time, I learned _____

Dad's "Book 1"

From you, I learned _____

From my parents, I learned _____

From a hard time, I learned _____



LET'S TALK: Who taught you something you still use?

1. **Dad goes first.** Go first: "My dad taught me to fix things myself."
2. **Kid goes second.** Share yours, then thank them this week.

DAD JOKE OF THE DAY

Why did the turkey join the band?

It had the drumsticks!

Kid(s): _____ Dad: _____ Date: _____

Wise Words: *"Think not so much of what thou hast not as of what thou hast"* — Marcus Aurelius