



GRATITUDE

Use this worksheet daily to help cultivate more gratitude in your life.

LIST 3 THINGS THAT HAPPENED TODAY THAT YOU ARE GRATEFUL FOR.

1.

2.

3.

LIST 3 THINGS YOU'RE THANKFUL YOUR BODY CAN DO.

1.

2.

3.

LIST 3 THINGS YOU'RE GRATEFUL FOR ABOUT A FAMILY MEMBER.

1.

2.

3.



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WHAT IS SOMETHING YOU LEARNED FROM A RECENT CHALLENGE THAT YOU ARE GRATEFUL TO HAVE LEARNED?

GRATITUDE CHALLENGE!

Do these action items today and check off when complete:

- ☐ Tell 3 people something you're grateful for about them.
- ☐ When you catch yourself complaining, stop and say something you're grateful for about the situation.