

Gratitude Exercises Worksheet

This worksheet is designed to help you integrate gratitude practices into your daily life. These exercises have been shown to improve mental well-being and promote a positive outlook.

Gratitude Journal Worksheet

Instructions: Each day, write down at least one thing you are grateful for. This could be something big or small. Try to make this a daily practice and observe how it impacts your mood and perspective.

Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

Three Good Things Exercise

Instructions: Every night before bed, reflect on your day and write down three positive things that happened. They can be minor events or significant moments. This exercise helps shift your focus towards the positive aspects of your life.

Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____



