

# Gratitude Exercises Worksheet

## 1. Daily Gratitude Journal

Each day, write down three things you are grateful for. They can be big or small, simple or significant.

Today, I am grateful for:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

How did acknowledging these things make you feel?

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## 2. Gratitude Letter

Write a letter to someone who has had a positive impact on your life. Express your gratitude and explain how they have made a difference.

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How did writing this letter make you feel?

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Consider sharing this letter with the person you wrote it to. How might it impact them?

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### **3. Gratitude Walk**

Take a walk and observe your surroundings. Notice the beauty in nature, the kindness of strangers, or anything else that brings you joy.

What did you notice on your walk that you are grateful for?

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How did this walk affect your mood and perspective?

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#### **4. Gratitude Jar**

Create a gratitude jar. Each day, write something you are grateful for on a slip of paper and place it in the jar. At the end of the month, read through your notes.

What did you add to your gratitude jar today?

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How do you think reviewing these notes at the end of the month will make you feel?

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#### **5. Gratitude Meditation**

Spend a few minutes in quiet meditation, focusing on what you are grateful for. Breathe deeply and let feelings of gratitude fill you.

What thoughts came to mind during your gratitude meditation?

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