

# Practicing Gratitude

Practicing gratitude helps shift your focus from challenges to the positives in your life, building resilience and a sense of fulfillment. This worksheet is designed to help you track gratitude throughout the month. Each day, you'll have space to jot down things you're grateful for, from small moments to significant experiences. As the month progresses, you'll begin to notice patterns of positivity, which can help shift your overall perspective on life. If you choose to practice with your kids, you can make it a daily or weekly family activity, where everyone shares something they're grateful for. This creates an opportunity for meaningful conversations and helps children learn to focus on the good, building a strong foundation for emotional resilience and connection.

## PART 1: Daily Gratitude List

Write down three things you are grateful for each day. (Example page.)

WEEK 1	Gratitude 1	Gratitude 2	Gratitude 3
M	<i>Example: The taste of fresh coffee in the morning.</i>	<i>The kind text my friend sent me.</i>	<i>The relaxing bath I took to unwind.</i>
T	<i>A productive work meeting where I felt heard.</i>	<i>My cozy blanket keeping me warm while I read.</i>	<i>A surprise call from my mom to check on me.</i>
W			
T			
F			

## PART 2: Weekly Reflection

Reflect on your gratitude entries at the end of each week. Answer the following questions:

### Which gratitude entries for this week stood out to you the most and why?

*The gratitude entry that stood out the most this week was "taking a quiet walk in the park." It felt so refreshing to be surrounded by nature and to have a moment of calm away from my usual busy routine. I realized how much these small breaks can help me feel grounded. Another entry that stood out was "a kind message from a friend." It reminded me that I have a support system and people who genuinely care about me. Sometimes I get caught up in my own struggles, so being reminded of these connections really lifted my mood and made me feel valued.*



# Practicing Gratitude

WEEK 1	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?

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# Practicing Gratitude

WEEK 2	Gratitude 1	Gratitude 2	Gratitude 3
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How did practicing gratitude affect your mood and outlook over the week?

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# Practicing Gratitude

WEEK 3	Gratitude 1	Gratitude 2	Gratitude 3
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S			

How did practicing gratitude affect your mood and outlook over the week?

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# Practicing Gratitude

WEEK 4	Gratitude 1	Gratitude 2	Gratitude 3
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W			
T			
F			
S			
S			

**How did practicing gratitude affect your mood and outlook over the week?**

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## PART 3: Monthly Summary

At the end of each month, summarize your gratitude practice.

What patterns do you notice in the things you are grateful for?

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How has your perspective changed since you started practicing gratitude?

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# Practicing Gratitude

**What new gratitude practices would you like to try next month?**

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**What challenges did you face in practicing gratitude , and how did you overcome them?**

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**Which gratitudes can you turn into a daily affirmation?**

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