

Gratitude is more than just a positive feeling; it's a practical tool that can help manage anxiety and improve your mental well-being. When you practice gratitude regularly, it can shift your focus away from anxious thoughts and help you notice the good things in your life, building resilience against stress. This worksheet is designed to help you recognize and appreciate the positive aspects of your daily experiences.

## PART 1: Daily Gratitude List

Write down three things you are grateful for each day.

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

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

*Ex: Kind messages and calls 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.*

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\*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.



## PART 1: Daily Gratitude List

Write down three things you are grateful for each day.

WEEK 2	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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## PART 1: Daily Gratitude List

Write down three things you are grateful for each day.

WEEK 3	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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## PART 1: Daily Gratitude List

Write down three things you are grateful for each day.

WEEK 4	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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## 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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**What challenges did you face in practicing gratitude, and how did you overcome them?**

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# Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at [ChoosingTherapy.com](https://www.ChoosingTherapy.com) are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

## You Can Trust ChoosingTherapy.com



**325+**  
Companies Reviewed



**3,625+**  
Hours of Firsthand Experience



**1,545+**  
Data Points Analyzed



### [Best Online Therapy for Anxiety](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

### [Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



### [Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

### [Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

