

How to Love Yourself Workbook

Six activities and exercises designed to help you learn to overcome self-criticism and build your appreciation and love for yourself.

- Explore Your Positive Qualities
- Self-Care Inventory
- Cognitive Restructuring
- Personal Strengths Inventory
- Identifying Your Triggers
- How to Practice Gratitude

How to Love Yourself

Loving yourself is a transformative journey that can positively impact every aspect of your life. **This collection of worksheets is designed to guide you in cultivating self-love by focusing on areas like exploring your positive qualities and strengths, self-care, gratitude, cognitive restructuring, and understanding your triggers.** By engaging with these worksheets, you will develop a stronger sense of self-worth and learn to appreciate yourself more fully.

Here is a brief introduction to each worksheet included in this package:

Exploring Your Positive Qualities

Many people struggling with self-love have difficulty recognizing their own positive qualities, but have no trouble naming others' positive qualities. This worksheet will help you explore which positive qualities are important to you, and practice recognizing them in yourself.

Self-Care Inventory

Practicing self-care is essential for building a loving relationship with yourself. This worksheet will guide you in identifying and incorporating activities that nourish your physical, emotional, and mental well-being.

Cognitive Restructuring

Negative thought patterns can undermine your self-love, making it difficult to see your true worth. The Cognitive Restructuring worksheet helps you identify and challenge these negative thoughts, replacing them with more balanced and self-affirming beliefs.

Personal Strengths Inventory

Recognizing your unique strengths and talents is a key part of developing self-love. This worksheet guides you in identifying what makes you special and valuable. By focusing on your positive attributes, you can boost your self-esteem and build a stronger foundation for loving and accepting yourself as you are.

Identifying Your Triggers

Understanding what triggers your self-criticism is crucial for increasing self-love. This worksheet helps you identify the situations, thoughts, or feelings that lead to self-doubt or negative self-talk.

How to Practice Gratitude

Gratitude is a powerful practice that can help you shift your focus from self-criticism to self-appreciation. This worksheet will guide you in recognizing and celebrating the positive aspects of your life, fostering a more loving and compassionate view of yourself.

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



Exploring Your Positive Qualities

Changing your feelings about yourself is possible with time and practice. One way of doing this is to explore your positive qualities. This worksheet will help you identify qualities that you admire in others, then guide you in consistently recognizing evidence of your own positive qualities.

To begin, think of people you admire in your life. Try to think of real, imperfect human beings that you know personally. Next, think about their positive qualities. Maybe they are honest, friendly, responsible - name those qualities for each person. You can see a list of positive qualities on the last page of this handout for ideas. Finally, write all the ways you know they have these qualities. What have they done through their *actions and behaviors* to show they are honest, friendly, etc.?

Person	Positive Qualities	Behaviors
<i>Sarah</i>	<i>Brave; considerate</i>	<i>Stands up for others at work; checks on me on bad days</i>

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



Exploring Your Positive Qualities

Next, look over the qualities column above. Write which of these qualities you have, even if you've had them temporarily, or in a small amount. *This* is your first way to practice recognizing your own positive qualities. Many of us get stuck in all-or-nothing thinking - thoughts like, "I don't get to call myself considerate unless I'm 100% considerate *all the time*." Think about whether you hold the people you wrote about above to the same perfect standard. **Experiment with holding yourself to the same fair standard that you apply to people you admire.**

In the next row, name qualities that are important to you, but that you feel you don't have yet.

Finally, for each quality, brainstorm ways you and other people show that quality through their actions and behaviors.

Positive Qualities...	Behaviors
That I already have	
That I want to have	

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



Exploring Your Positive Qualities

Examples of positive qualities

- Accepting
- Adventurous
- Assertive
- Authentic
- Brave
- Bold
- Caring
- Challenges him/herself
- Committed
- Compassionate
- Connected
- Contributes
- Cooperative
- Courageous
- Curious
- Encouraging
- Equitable
- Exciting
- Expressive
- Fair
- Flexible
- Free
- Friendly
- Focused
- Forgiving
- Fun
- Funny
- Generous
- Grateful
- Helpful
- Honest
- Humble
- Industrious
- Independent
- Just
- Kind
- Loving
- Mindful
- Organized
- Open-minded
- Patient
- Persistent
- Playful
- Powerful
- Present
- Protective
- Respectful
- Responsible
- Romantic
- Safe
- Self-aware
- Skillful
- Spiritual
- Smart
- Strong
- Supportive
- Trustworthy
- Vulnerable
- Witty

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



Self-Care Inventory

Self-care is any technique that enhances your well-being and replenishes your mind and body. For example, practicing daily gratitude, laughing with a loved one, and taking daily walks can boost your mood and improve overall well-being. A self-care routine is not one-size-fits-all but requires experimenting with different strategies to understand what works best for you.

This worksheet is designed to help you explore a variety of specific self-care activities that can improve your well-being. You will be asked to rank each activity on a scale from 1-3 to determine how well you are currently engaging in these practices. After ranking, you can “star” the activities you would like to do more often. The goal of this worksheet is to help you recognize the different types of self-care available to you, identify what you are doing well, and pinpoint areas where you can improve to feel better overall.

Ranking

- 1 I rarely engage in this, and it is not a regular part of my routine.
- 2 I occasionally engage in this, but it is not consistent.
- 3 I regularly engage in this, and it is a frequent part of my routine.
- ★ I want to do this more frequently.

1 2 3 ★ Physical Self-Care: Improving your physical health.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Engaging in regular physical activity such as walking, running, yoga, or strength training.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ensuring you get enough restful sleep each night to rejuvenate your body.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eating a balanced and nutritious diet, including plenty of fruits, vegetables, and grains.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drinking enough water throughout the day to stay hydrated.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Maintaining good hygiene practices such as bathing, brushing teeth, and grooming.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Attending regular check-ups and following medical advice from healthcare professionals.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Taking time to relax and unwind, through activities like taking a bath and getting a massage.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Limiting or avoiding the use of alcohol, tobacco, and other substances.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Spending time outdoors in natural sunlight to enhance vitamin D levels and improve mood.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Paying attention to your body's needs, such as stretching when tense or resting when tired.

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



Self-Care Inventory

1 2 3



Emotional Self-Care: Processing & expressing your emotions.

<input type="checkbox"/>	<input type="checkbox"/>	Participating in activities you enjoy to boost your mood and provide a sense of fulfillment.
<input type="checkbox"/>	<input type="checkbox"/>	Spending time with friends and family to build support and reduce feelings of isolation.
<input type="checkbox"/>	<input type="checkbox"/>	Practicing mindfulness to stay present and manage negative thoughts.
<input type="checkbox"/>	<input type="checkbox"/>	Writing down thoughts and feelings to process emotions and gain insights.
<input type="checkbox"/>	<input type="checkbox"/>	Keeping a gratitude journal or reflecting on things you are thankful for.
<input type="checkbox"/>	<input type="checkbox"/>	Using positive affirmations to counter negative self-talk and build self-esteem.
<input type="checkbox"/>	<input type="checkbox"/>	Using music to relax, uplift your mood, or express your emotions.
<input type="checkbox"/>	<input type="checkbox"/>	Expressing your emotions through art, music, writing, or other creative outlets.
<input type="checkbox"/>	<input type="checkbox"/>	Set achievable goals and celebrate your progress, no matter how small.
<input type="checkbox"/>	<input type="checkbox"/>	Regular sessions with a therapist or counselor to explore and address emotional challenges.

1 2 3



Social Self-Care: Fostering & maintaining healthy relationships.

<input type="checkbox"/>	<input type="checkbox"/>	Spending time with people you like and make you feel good about yourself.
<input type="checkbox"/>	<input type="checkbox"/>	Asking for help from friends or family when you're feeling down or overwhelmed.
<input type="checkbox"/>	<input type="checkbox"/>	Learning to say no and establishing boundaries to protect your emotional well-being.
<input type="checkbox"/>	<input type="checkbox"/>	Participating in support groups to gain insight and emotional support from others.
<input type="checkbox"/>	<input type="checkbox"/>	Participating in clubs or organizations that align with your interests to meet new people.
<input type="checkbox"/>	<input type="checkbox"/>	Giving your time to help others in your community to foster connection and purpose.
<input type="checkbox"/>	<input type="checkbox"/>	Going to social gatherings, parties, or community events to build your social network.
<input type="checkbox"/>	<input type="checkbox"/>	Scheduling regular get-togethers, such as a weekly coffee date, or a monthly dinner.
<input type="checkbox"/>	<input type="checkbox"/>	Actively listening when talking with others, which helps strengthen your relationships.
<input type="checkbox"/>	<input type="checkbox"/>	Scheduling intentional alone time with your romantic partner.

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



Self-Care Inventory

1 2 3



Professional Self-Care: Maintaining a healthy work-life balance and pursuing career development opportunities.

Clearly defining work hours and sticking to them to ensure a healthy work-life balance.

Stepping away from work to recharge, through daily short breaks and using vacation time.

Talking to a supervisor or HR about mental health challenges (if it feels safe).

Exploring available support options, such as employee assistance programs (EAP).

Organizing and prioritizing work tasks to manage workload effectively and reduce stress.

Ensuring your work environment is comfortable and conducive to productivity.

Establishing achievable work goals and celebrating small accomplishments.

Being kind to yourself during work and avoiding excessive self-criticism.

Building positive relationships with coworkers for mutual support and camaraderie.

1 2 3



Spiritual Self-Care: Nurturing your spirit and providing purpose.

Practicing meditation to connect with your inner self and find peace and clarity.

Engaging in prayer or other forms of communication with a higher power.

Spending time in nature to experience connection to the world around you.

Regularly reflecting on what you are thankful for to cultivate an appreciative mindset.

Reading inspirational books, scriptures, or quotes to uplift and inspire your spirit.

Participating in spiritual or religious community activities.

Engaging in artistic activities, such as painting, music, or writing.

Performing acts of kindness and service to others, fostering a sense of purpose.

Acting in accordance with your morals to create a sense of integrity in your life.

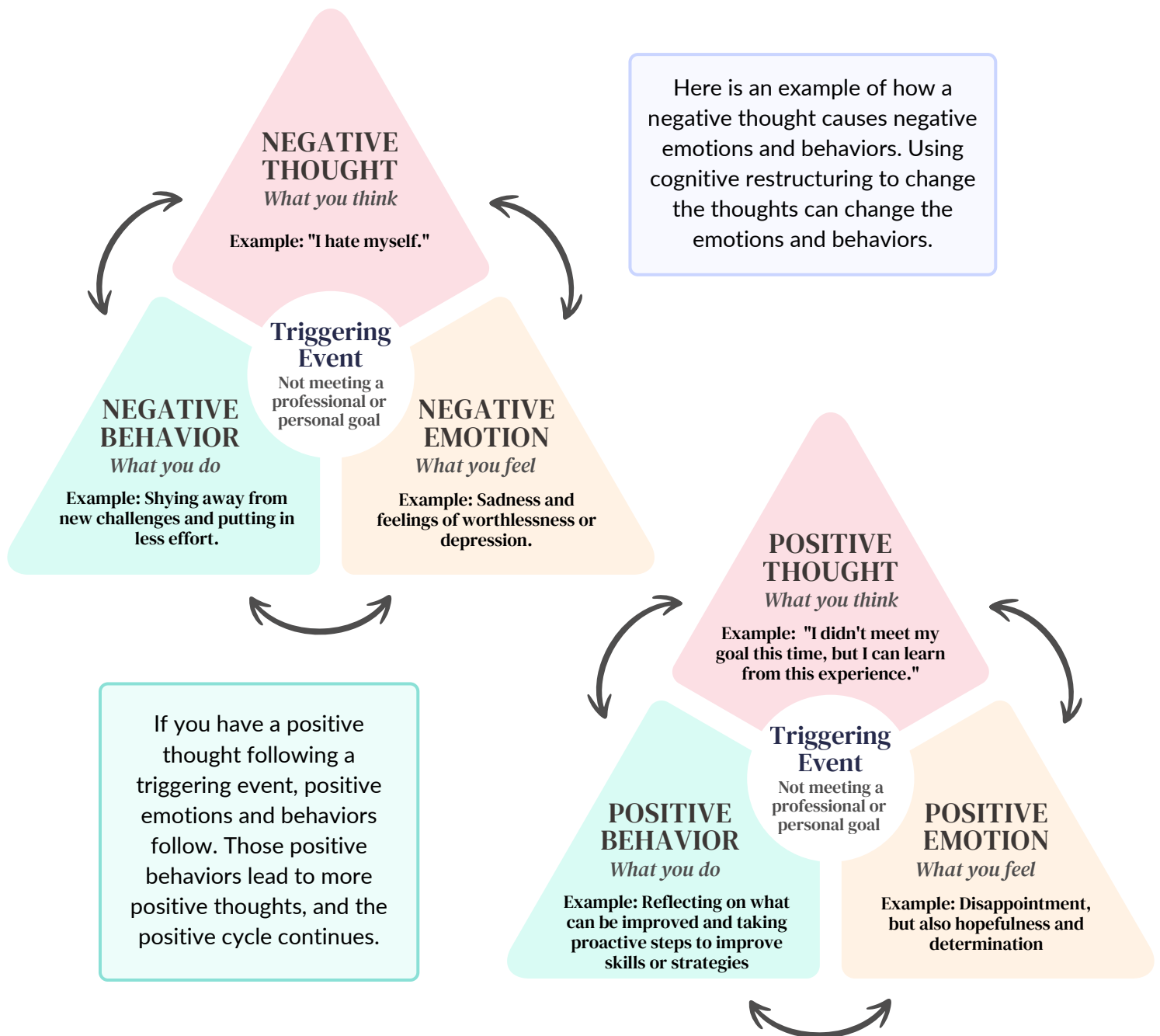
Spending time with the people who give your life meaning.

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



Cognitive Restructuring

Cognitive restructuring is a CBT technique that involves recognizing negative and unhelpful thoughts, examining the evidence for and against these thoughts, and developing more helpful alternative thoughts. **For someone struggling with self-love, cognitive restructuring can help challenge and change the self-critical and often irrational thoughts that contribute to your feelings of worthlessness and despair.**



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



Cognitive Restructuring

THOUGHT

What you think in a situation
Ex: I hate myself

EMOTION

How you feel
Ex: I feel sad and worthless

BEHAVIOR

How you act in the situation
Ex: I treat myself poorly

It's important to understand that our automatic thoughts affect our feelings and influence our behavior.

By practicing cognitive restructuring, you can begin to break the cycle of negative self-talk by identifying and challenging the unhealthy thought patterns contributing to it. Whenever you notice negative thoughts that make you feel worse about yourself, use the questions below to help reframe them.

Thoughts

**Is my thought
factual?**

**What evidence
do I have to
support my
thought?**

**What would
someone else
say about the
situation?**

**Is it possible to
view this
situation
differently?**

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



Personal Strengths Inventory

Self-criticism can significantly impact your mental health and overall well-being. Negative internal dialogues can undermine your self-esteem, making you feel inadequate and increasing your stress and anxiety. If you constantly talk to yourself in a negative manner, you can create a cycle of negativity, where you become overly focused on your perceived flaws and failures, which can prevent personal growth.

Creating a personal strengths inventory can be a powerful tool to combat self-criticism and negative self-talk. By identifying and acknowledging your inherent strengths, you can shift your focus from your perceived weaknesses to your positive attributes. Recognizing and celebrating your strengths can boost your self-confidence, reduce the impact of negative self-talk, and promote a healthier, more resilient mindset.

PART 1: Discovering Your Strengths

Take some time to read through the list of attributes carefully and circle at least 6 strengths that you believe apply to you.

Because self-criticism often involves all-or-nothing thinking, you may feel you do not have the strengths below unless you match the description *100%, all the time*. **Challenge yourself to push back against those thoughts.** One way to do this is to identify the strengths of someone you know and admire, and consider whether you hold them to the same impossible standard.

Self-Control

I manage my emotions and impulses, which allows me to make thoughtful choices.

Confidence

I believe in my abilities and have positive expectations of success.

Flexibility

I adapt to change, adjust my approach, and think creatively in new situations.

Ambition

I have a strong desire and determination to achieve success and accomplish my goals.

Wisdom

I use knowledge and experience to make sound judgments and decisions.

Creativity

I think outside the box and generate original ideas.

Curiosity

I desire to ask questions, discover new things, and expand my knowledge.

Bravery

I face fear, uncertainty, or danger with determination and resolve.

Fairness

I believe in just treatment, and that everyone has equal opportunities.

Forgiveness

I let go of resentment and anger, choosing to understand and move on from a hurtful experience.

Gratitude

I appreciate and am thankful for the positive aspects of life.

Honesty

I am truthful and sincere in my words and actions.

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



Personal Strengths Inventory

Optimism

I expect the best possible outcome and believe in a brighter future.

Humility

I have a modest view of my importance, which allows me to learn from others.

Humor

I have the ability to find and share amusement, and create a lighter perspective on challenges.

Kindness

I am caring, considerate, and desire to help others.

Patience

I stay composed while waiting or facing challenges, without getting frustrated or giving up.

Love of Learning

I have an enthusiasm for acquiring knowledge and skills, driven by a desire for understanding.

Perseverance

I am committed to see things through, despite obstacles and setbacks.

Open Mindedness

I am willing to consider new ideas and perspectives with receptiveness.

Teamwork

I collaborate effectively with others to achieve a shared goal.

Social Awareness

I understand the emotions, needs, and perspectives of others.

Spirituality

I believe in a purpose or connection to something larger than myself.

Enthusiasm

I have a zest and passion that fuels my excitement and motivation.

Generosity

I give my time, resources, or skills to help others without expecting anything in return.

Problem-Solving

I am able to analyze situations, identify solutions, and overcome challenges effectively.

Dependability

I am reliable and others can count on me to fulfill my commitments and responsibilities.

Authenticity

I live and express myself genuinely, being true to my values and beliefs.

Adventurousness

I am eager to experience new and exciting things, with a sense of curiosity and daring.

Assertiveness

I communicate my needs, wants, and opinions clearly and confidently.

Independence

I am self-sufficient and resourceful, taking responsibility for my own well-being.

Logic

I am able to think clearly and reach sound conclusions based on reason and evidence.

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



Personal Strengths Inventory

PART 2: Applying Your Strengths to Relationships

Use the prompts to explore how you currently use your strengths in your romantic relationship(s), friendships, and family. Then, discover how you can apply your strengths in new ways to achieve relational growth.

Lists the strengths you possess that help you in your relationships

Describe a specific time your strengths were able to help your relationships

Describe two new ways you could use your strengths to help you in your relationships

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



Personal Strengths Inventory

PART 3: Applying Your Strengths to Your Profession

Use the prompts to explore how you currently use your strengths in your professional endeavors (at work or school). Then, discover how you can apply your strengths in new ways to achieve professional growth.

Lists the strengths you possess that help you in your profession

Describe a specific time your strengths were able to help your profession

Describe two new ways you could use your strengths to help you in your profession

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



Personal Strengths Inventory

PART 4: Applying Your Strengths to Achieve Personal Fulfillment

Use the prompts to explore how you currently use your strengths to increase your sense of purpose and enjoyment. Then, discover how you can apply your strengths in new ways to achieve personal growth.

Lists the strengths you possess that help you achieve personal fulfillment

Describe a specific time your strengths were able to help you with personal fulfillment

Describe two new ways you could use your strengths to help you with personal fulfillment

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



Identifying Your Triggers

Understanding what drives your negative self-talk is a vital step in breaking the cycle of self-criticism. Negative self-talk can be sparked by various triggers—situations, events, or thoughts that lead to harsh self-judgment. These triggers might be external, like interactions with certain people or situations, or internal, such as specific thoughts or past experiences.

Recognizing what prompts your negative self-talk means paying attention to the moments when you start to criticize yourself, along with the thoughts, feelings, and physical sensations that come with it. **By becoming aware of these triggers, you can learn to catch them early and challenge them, reducing their influence over how you feel about yourself.**

PART 1: Identify Triggers

List a situation where you often engage in negative self-talk and describe the related physical sensations, thoughts, and emotions. (Example page.)

Situation Description

During a team meeting at work, my manager gives feedback on a project I recently completed.

Location

Office

People Involved

John, Miriam, Sia, and Leo

Before

1 What were you feeling physically?

Heart starts racing, palms feel sweaty, and there's a tightness in my chest.

2 What were you thinking about?

- "What if they think my work isn't good enough?"
- "I'm going to embarrass myself in front of everyone."

3 How did you feel emotionally?

Anxious, nervous, and a bit panicked, anticipating criticism or negative feedback.

After

1 What were you feeling physically?

I feel tense and drained, with a slight headache.

2 What thoughts did you have?

- "I knew I wasn't capable of doing this right."
- "Everyone must think I'm incompetent."

3 How did you feel emotionally?

I feel deflated, self-critical, and somewhat ashamed.



Identifying Your Triggers

Situation Description	Location	People Involved
Before		After
1 What were you feeling physically?	1 What were you feeling physically?	
2 What were you thinking about?	2 What thoughts did you have?	
3 How did you feel emotionally?	3 How did you feel emotionally?	

Situation Description	Location	People Involved
Before		After
1 What were you feeling physically?	1 What were you feeling physically?	
2 What were you thinking about?	2 What thoughts did you have?	
3 How did you feel emotionally?	3 How did you feel emotionally?	



PART 2: Identify Patterns (Example Page)

Look for patterns in your negative self-talk triggers. Identifying these patterns will make it easier to anticipate and challenge these thoughts in the future. (Example page.)

Are there common themes, people or situations that often trigger negative self-talk?

Example: I notice negative self-talk when I'm at work and my boss gives me constructive feedback. I immediately think I'm not doing a good job. It also happens when I'm around my sister, who always seems so put together and confident. It's worse when I'm around people who seem very confident or when I feel like I'm being compared to others.

How do you feel physically and emotionally right before the negative self-talk starts?

*Physically, I feel tense in my shoulders and neck. My heart rate speeds up, and I get a knot in my stomach.
Emotionally, I feel anxious, irritated, or sometimes even ashamed, like I'm about to be judged.*

What past experiences might have contributed to the development of these negative thoughts?

I remember my teachers in school pointing out my mistakes in front of the class. I often felt embarrassed and ashamed. I also grew up with a very critical parent who always pointed out what I did wrong, which made me feel like I was never good enough.

How do you usually respond when negative self-talk begins?

I tend to withdraw and become quiet, avoiding eye contact. Sometimes, I overcompensate by trying to be overly helpful or agreeable, hoping people will like me or not notice my flaws.



Identifying Your Triggers

How can you be compassionate to yourself when you notice negative self-talk starting?

I'd like to remind myself that it's okay to make mistakes and that feedback is an opportunity to learn, not a reflection of my worth. I could say, 'I'm doing my best, and that's enough,' or 'I am allowed to be imperfect and still be valuable.'

How could understanding your negative self-talk triggers help you respond differently in the future?

If I know what triggers my negative self-talk, I can prepare myself for those situations by using calming techniques like deep breathing or grounding exercises. I could also practice self-compassion ahead of time, reminding myself that it's normal to feel insecure but that I don't have to believe those thoughts.

PART 3: Develop Coping Strategies

Identify coping strategies that can help you stop your negative self-talk in these situations. To learn more about coping skills you can use, scan the QR code below.

- When you notice negative self-talk, ask yourself if these thoughts are factual or based on assumptions. Look for evidence that supports or contradicts them, and consider alternative, more balanced perspectives.
- Treat yourself with the same kindness and understanding you would offer a friend.
- Replace negative thoughts with positive affirmations that reinforce your strengths and capabilities.
- Make a list of your strengths, skills, and past achievements. Review this list when negative self-talk arises to remind yourself of your worth and capabilities.
- Avoid comparing yourself to others, especially on social media. Focus on your own progress and the positive qualities that make you unique.
- Keep a journal to write down your negative thoughts and analyze them. This practice can help you identify patterns and triggers, making it easier to challenge and change them over time.
- Regularly reflect on the things you're grateful for. Focusing on gratitude can help shift your mindset from negative to positive and remind you of the good in your life.
- Engage in hobbies or activities you love. It can boost your mood and reduce the frequency of negative self-talk.



Identifying Your Triggers

PART 2: Identify Patterns

Look for patterns in your negative self-talk triggers. Identifying these patterns will make it easier to anticipate and challenge these thoughts in the future. (Example page.)

Are there common themes, people or situations that often trigger negative self-talk?

How do you feel physically and emotionally right before the negative self-talk starts?

What past experiences might have contributed to the development of these negative thoughts?

How do you usually respond when negative self-talk begins?



Identifying Your Triggers

How can you be compassionate to yourself when you notice negative self-talk starting?

How could understanding your negative self-talk triggers help you respond differently in the future?

PART 3: Develop Coping Strategies

Identify coping strategies that can help you stop your negative self-talk in these situations. To learn more about coping skills you can use, scan the QR code below.

- When you notice negative self-talk, ask yourself if these thoughts are factual or based on assumptions. Look for evidence that supports or contradicts them, and consider alternative, more balanced perspectives.
- Treat yourself with the same kindness and understanding you would offer a friend.
- Replace negative thoughts with positive affirmations that reinforce your strengths and capabilities.
- Make a list of your strengths, skills, and past achievements. Review this list when negative self-talk arises to remind yourself of your worth and capabilities.
- Avoid comparing yourself to others, especially on social media. Focus on your own progress and the positive qualities that make you unique.
- Keep a journal to write down your negative thoughts and analyze them. This practice can help you identify patterns and triggers, making it easier to challenge and change them over time.
- Regularly reflect on the things you're grateful for. Focusing on gratitude can help shift your mindset from negative to positive and remind you of the good in your life.
- Engage in hobbies or activities you love. It can boost your mood and reduce the frequency of negative self-talk.



Practicing Gratitude

Gratitude is more than just a positive feeling; it's a valuable tool that can help manage depression and improve your mental well-being. When you practice gratitude regularly, it can gently shift your focus away from negative thoughts and help you notice the good things in your life, even when things feel challenging. This worksheet is designed to guide you in recognizing and appreciating the positive aspects of your daily experiences, building resilience and a more hopeful outlook over time.

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.

.....

.....

.....

.....

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



Practicing Gratitude

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?

.....

.....

.....

.....

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



Practicing Gratitude

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?

.....

.....

.....

.....

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



Practicing Gratitude

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?

.....

.....

.....

.....

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



Practicing Gratitude

PART 2: Monthly Summary

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

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

How has your perspective changed since you started practicing gratitude?

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

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





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 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](#)

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.





Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://www.ChoosingTherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

[Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



[Free Mental Health Worksheets](#)

Search our collection of therapy worksheets by mental health topic, therapy modality, or demographic group. Our free, psychologist-developed worksheets make therapy exercises understandable and relevant to daily life. Find worksheets for help with ADHD, anxiety, depression, relationship difficulties, and other common mental health challenges.