

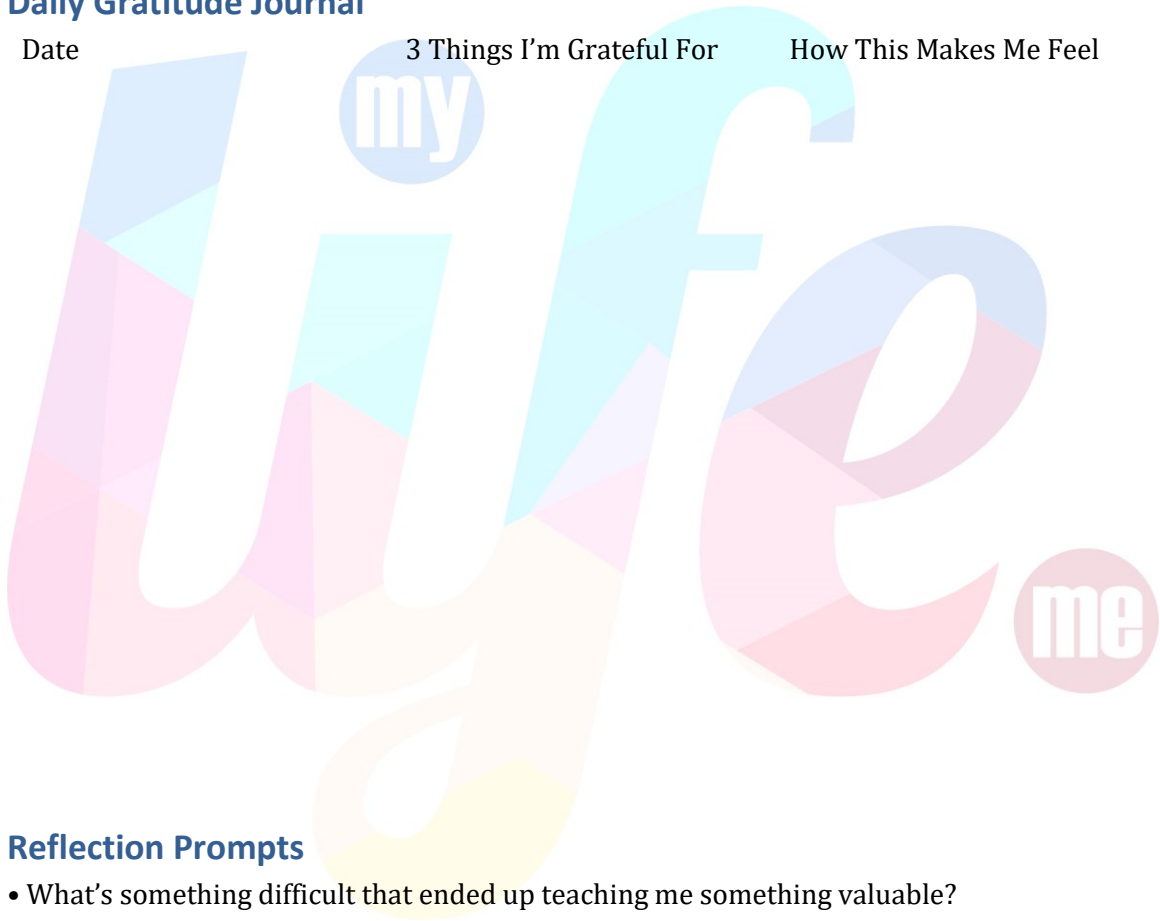


Gratitude Workshop & Journal Sheet

Use this worksheet to build your gratitude practice and reflect on the good in your life.

Daily Gratitude Journal

Date 3 Things I'm Grateful For How This Makes Me Feel



Reflection Prompts

- What's something difficult that ended up teaching me something valuable?
- Who in my life do I appreciate right now, and why?
- What's a small joy or comfort I've experienced this week?
- How does it feel to focus on what I'm grateful for?

Gratitude Letter (Optional)

Write a short letter to someone you're thankful for. You don't have to send it — just the act of writing it can increase feelings of connection and positivity.

*my
life.
me*