

Gratitude Worksheet

Vicki Decem

I encourage you to answer at least one of the questions on this worksheet when you first open it and answer one daily until the sheet is done. This will create a habit and you will actively be practicing gratitude.

What is keeping you from feeling gratitude and thankfulness?

1.

2.

3.

What is the silver lining of one challenge that you've faced?

1.

What is one small thing today that made you smile or feel lighter, even if just for a moment?

1.

What are **THREE** things about yourself—big or small—that you're grateful for right now? **(Take your time to try and write at least 3. You are amazing and you should be aware of that.)**

1.

2.

3.

Name someone, past or present, that you are thankful for? Why?

1.



Gratitude Worksheet

Name something you accomplish for the day? The week? The month?

The Day:

The Week:

The Month:

Write an affirmation for yourself for today. Here's three for inspiration.

1. Step by step, I'm collecting reasons to smile.
2. My light is enough, even on quieter days.
3. Today, I choose to celebrate me.
4. My affirmation is:

What is one thing about yourself that needs more appreciation?

1.

What is a memory that always makes you smile when you think of it?

1.

What is one thing you often take for granted but would miss if it were gone?

1.

What is one way you can show gratitude—through words, actions, or creativity—today?

1.



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(Printable Version)

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