

10 10 10 Worksheet

Name: _____ Age: _____

Gender: _____ Date: _____

Instructions:

The 10-10-10 Worksheet is designed to help you explore and enhance your overall well-being by focusing on three essential aspects of your life: desires, gratitude, and enjoyment. Take some quiet time to reflect on these areas and complete the worksheet honestly.

10 things you desire

These can be short-term or long-term goals, personal aspirations, or anything that holds significance for you.

10 things you are grateful for

These can be simple or profound, focusing on both the big picture and smaller, everyday joys.

10 things you enjoy doing

These can be activities that you used to enjoy or new pursuits you want to explore.