

Gratitude Worksheet

Name: _____ Date: _____

Instructions: Take a moment to reflect on your day and write down your responses. This exercise helps you focus on positive experiences and cultivate gratitude.



1. Something good that happened today was:	4. A skill or ability I am grateful for is:
2. Someone I am grateful to is:	5. An object I am grateful for is:
3. A place I am grateful for is:	6. Tomorrow, I'm looking forward to: