

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.



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