

# Learning to Be GLAD PTSD Worksheet

Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

*Developed by mindfulness expert Donald Altman, it encourages you to pay attention to positive things that often go unnoticed in your daily life. "G" stands for grateful, "L" for something you learned, "A" for an accomplishment, and "D" for something that brings delight.*

**G** - Something you were grateful for today: Take a moment to reflect on what you were grateful for today. It can be something simple, like the warmth of the sun or a comforting meal. Write it down here:

Now think of something significant in your life, such as a meaningful relationship, health, or cherished friends. Write it down:"

**L** - Something you learned today: Reflect on something positive you learned about yourself today. It may be something you already knew, but it became clearer today. Write it down:

Write down something you learned about another person today. Again, it might be something you already knew, but you were more aware of it today:

Record a fact you learned today that piqued your curiosity or increased your awareness of the world around you:

Write down something you learned today and how it positively changed your perspective of yourself or the world:

**A** - One small accomplishment you experienced today: Remember that accomplishments can be small yet significant. Write down something you accomplished today, no matter how minor it may seem:

**D** - Something that brought you delight today: Reflect on moments that made you laugh or smile today. Write down what brought you joy:

What small thing of beauty did you notice today? It could be in nature or everyday life:

What did you hear today that lifted your spirits? A song, a child's laughter, or a joke? Write it down:

Final Thoughts: Now, take a moment to close your eyes, breathe deeply, and visualize a positive image from your day. Focus on a significant aspect of this activity that you want to remember: