

# Learning to be GLAD PTSD Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Developed by mindfulness expert Donald Altman, encourages you to pay attention to positive things that often go unnoticed in your daily life. “**G**” stands for grateful, “**L**” stands 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.**