

# GRATITUDE

Gratitude can help you see the good in your days,  
even on the days when nothing seems to be good.

Try filling out this gratitude worksheet for a week.

Some ideas for gratitude:

- *What made you smile today?*
- *What made you laugh today?*
- *What made you feel relieved today?*
- *What did someone do for you today?*
- *What is something you did for yourself?*

Monday

I am grateful for . . .

Tuesday

I am grateful for . . .

Wednesday

I am grateful for . . .

Thursday

I am grateful for...

Friday

I am grateful for...

Saturday

I am grateful for...

Sunday

I am grateful for...