

# GRATEFULNESS WORKSHEET

This daily gratitude worksheet is a handy tool to keep your mind + attitude strong. It's all about focusing and saying thanks for all the amazing things we do have! Instead of focusing on what we don't yet. So get grateful!

## 3 PEOPLE YOU'RE GRATEFUL FOR TODAY & WHY...

1.

2.

3.

## 3 THINGS ABOUT YOURSELF YOU ARE GRATEFUL FOR...

1.

2.

3.

## 3 THINGS ABOUT TODAY YOU ARE GRATEFUL FOR...

1.

2.

3.