

Gratitude Practices

A simple guide you can use anytime life feels heavy.

This worksheet is designed to help you cultivate gratitude even during challenging times. Take a few moments to reflect on each prompt and write down your thoughts. Remember, even small moments of gratitude can make a difference.

1. One Relationship, One Opportunity

Many people think a gratitude journal means writing a long list of “good things” every day. That can feel overwhelming.

Try this instead. Each day, write down just two things:

One Relationship You’re Thankful For:

[Fillable Area]

One Opportunity You’re Thankful For:

[Fillable Area]

Reflection: How has this relationship or opportunity positively impacted your life? What are you grateful for about it?

[Fillable Area]

2. Remember How Far You’ve Come

Think back to a difficult time in your past. What challenges did you overcome? What strengths did you discover in yourself?

Past Challenge:

[Fillable Area]

How you overcame it:

[Fillable Area]

Strengths you discovered:

[Fillable Area]

3. Help Someone Else in a Small Way

Act of Kindness: What small act of kindness can you do for someone else today?

[Fillable Area]

Reflection: How did this act of kindness make you feel? How might it have impacted the other person?

[Fillable Area]

4. Say “Thank You” Out Loud

Think of three people you are grateful for. Plan to express your appreciation to them.

Person 1:

[Fillable Area]

How to Thank Them:

[Fillable Area]

What You Appreciate:

[Fillable Area]

Person 2:

[Fillable Area]

How to Thank Them:

[Fillable Area]

What You Appreciate:

[Fillable Area]

Person 3:

[Fillable Area]

How to Thank Them:

[Fillable Area]

What You Appreciate:

[Fillable Area]

5. Take a Mindful Gratitude Pause

Take a few moments to become present in your body. Notice your surroundings and your physical sensations.

Sensations: What do you notice in your body (e.g., temperature, tension, comfort)?

[Fillable Area]

Gratitude: What are you grateful for in this moment, no matter how small?

[Fillable Area]

Reflection/Prayer: (Optional) Reflect on your gratitude. Offer a prayer of thanks or a positive affirmation.

[Fillable Area]

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Disclaimer: This worksheet is intended for personal reflection and growth and is not a substitute for professional mental health support. If you are struggling with difficult emotions, please seek help from a qualified therapist or counselor.