



# Gratitude Worksheet

List 3 people you are thankful for today:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List 3 things about yourself that you're thankful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List 3 things about your life you're thankful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List 3 things about today that you are thankful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_