

# DAILY GRATITUDE WORKSHEET

TODAY I'M MOST GRATEFUL FOR... BECAUSE...

1.

2.

3.

TODAY I'M GRATEFUL THAT I MANAGED TO...

THE PEOPLE I'M GRATEFUL FOR TODAY ARE...

THE BEST PART OF MY DAY WAS.... I'M GRATEFUL FOR THIS BECAUSE...

THE WORST PART OF MY DAY WAS... I'M GRATEFUL FOR THIS BECAUSE...

TODAY I'M GRATEFUL TO HAVE LEARNED...