

Practicing Gratitude

Gratitude is more than just a positive emotion; it's a powerful tool for shifting negative thinking patterns and improving mental well-being. By practicing gratitude, you can train your mind to focus on the positive aspects of life, even during challenging times. This focus can reduce the impact of negative thoughts, build resilience, and enhance connections with others. This worksheet guides you in recognizing and appreciating small, positive moments throughout your day, helping you create a more balanced and optimistic outlook.

PART 1: Daily Gratitude List

Write down three things you are grateful for each day. (Example page.)

WEEK 1	Gratitude 1	Gratitude 2	Gratitude 3
M	<i>Example: The taste of fresh coffee in the morning.</i>	<i>The kind text my friend sent me.</i>	<i>The relaxing bath I took to unwind.</i>
T	<i>A productive work meeting where I felt heard.</i>	<i>My cozy blanket keeping me warm while I read.</i>	<i>A surprise call from my mom to check on me.</i>
W			
T			
F			

PART 2: Weekly Reflection

Reflect on your gratitude entries at the end of each week. Answer the following questions:

Which gratitude entries for this week stood out to you the most and why?

The gratitude entry that stood out the most this week was "taking a quiet walk in the park." It felt so refreshing to be surrounded by nature and to have a moment of calm away from my usual busy routine. I realized how much these small breaks can help me feel grounded. Another entry that stood out was "a kind message from a friend." It reminded me that I have a support system and people who genuinely care about me. Sometimes I get caught up in my own struggles, so being reminded of these connections really lifted my mood and made me feel valued.



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WEEK 1	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?

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Practicing Gratitude

WEEK 2	Gratitude 1	Gratitude 2	Gratitude 3
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F			
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How did practicing gratitude affect your mood and outlook over the week?

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Practicing Gratitude

WEEK 3	Gratitude 1	Gratitude 2	Gratitude 3
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W			
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F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?

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Practicing Gratitude

WEEK 4	Gratitude 1	Gratitude 2	Gratitude 3
M			
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W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?

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PART 3: Monthly Summary

At the end of each month, summarize your gratitude practice.

What patterns do you notice in the things you are grateful for?

How has your perspective changed since you started practicing gratitude?



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What new gratitude practices would you like to try next month?

What challenges did you face in practicing gratitude , and how did you overcome them?

Which gratitudes can you turn into a daily affirmation?





Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



300+
Companies Reviewed



2,350+
Hours of Firsthand Experience



1,150+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

