

# Practicing Gratitude

Election-related anxiety can be overwhelming, especially during times of uncertainty. However, focusing on gratitude can be a powerful tool to help manage this anxiety. This worksheet is designed to guide you through the process of recognizing and appreciating the positive elements in your life, even amidst the uncertainty of an election. By focusing on what you are grateful for, you can reduce anxiety and cultivate a more positive outlook during this challenging period.

## PART 1: Daily Gratitude List

Write down three things you are grateful for each day.

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			
S			
S			

## 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 kind text my friend sent me stood out because it reminded me that I have people who care about me, even on tough days.*

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

*Practicing gratitude helped me stay positive and focused on the good things in my life, even when I felt stressed.*



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

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

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

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

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

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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
M			
T			
W			
T			
F			
S			
S			

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

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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			
T			
W			
T			
F			
S			
S			

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

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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?

*The highlights included reconnecting with an old friend over coffee and experiencing a beautiful day at the beach with my family.*

### How has your perspective changed since you started practicing gratitude?

*I've begun to notice the small, often overlooked joys in my daily life, such as the sound of rain on my window or the smell of freshly baked bread from the local bakery.*

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

*I would like to start a gratitude jar where I can add notes about what I'm thankful for each day and review them at the end of the month.*

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

*I found it difficult to focus on positive aspects during stressful times, but setting a specific time each day to reflect helped me stay consistent.*

### Which gratitudes can you turn into a daily affirmation?

*I am grateful for the abundance in my life.*

*I appreciate the love and support I receive from others.*

*I am thankful for the opportunities to grow and learn each day.*

*I am grateful for the beauty of nature around me.*



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