Gratitude Worksheet

Appreciating all the positive things in our lives can help increase our happiness and decrease our stress. Work through each different area of your life (listed below) and list what you are grateful for.

Overlooked blessings:

Did you know that 2.4 billion people in the world – one in three – do not have an adequate toilet? And, 663 million people in the world – one in ten – do not have clean water? Happiness isn't created by getting something you don't have, but by appreciating what you already have. What overlooked blessings do you have to be grateful for right now?

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Positive things about my health & body:

It's important to keep ourselves on the list of things we are grateful for. Having a good relationship with yourself will help you have healthy relationships with others. What things are you grateful for about yourself?

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Activities I enjoy:

Whether it's preparing a meal, pausing to admire the sunset, or telling a friend your good news—the idea is to linger, take it in and enjoy the experience. What helps you enjoy the moment without thinking of anything else?

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Relationships I am grateful for:

While the true benefits of friendships can't ever be measured (how do you calculate how much joy your best friend has brought to you over the years?), study after study shows friendships boost our happiness and even our health. Who are you grateful for in your life?

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After you've completed the worksheet, take the next step and apply what you learned about gratitude by writing a gratitude letter to someone you care about.

Think of someone who had a positive influence in your life. This could be a family member, a teacher or friend or someone else. A great way to show your gratitude is to write this person a thank you letter for their support, kindness, guidance, etc. and commit to mailing or reading your letter to them within the next 48 hours. Do your best to write the letter by hand and not by text or email.