



GRATITUDE

TRANSFORM YOUR LIFE WITH
DAILY THANKFULNESS
WORKBOOK

INTRODUCTION

This worksheet complements the ebook on “Gratitude: Transform Your Life with Daily Thankfulness.” It's designed to help you reflect on gratitude in your life and develop a consistent practice of thankfulness. Take your time with each prompt and be as genuine as possible in your responses.

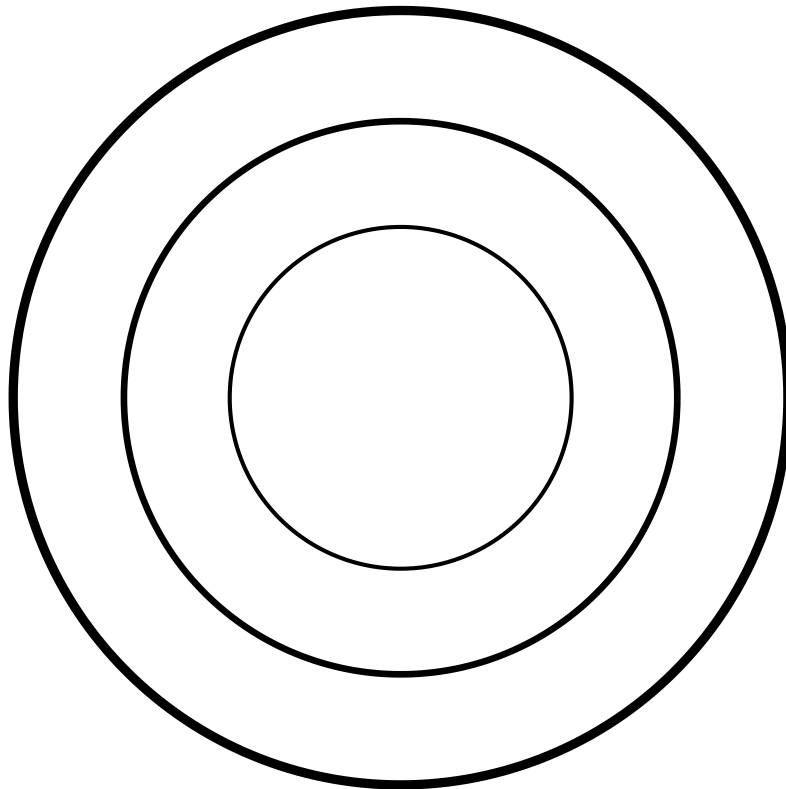
1. On a scale of 1-10, how often do you actively practice gratitude?

(1 = Never, 10 = Daily)

1 2 3 4 5 6 7 8 9 10

2. Gratitude Web:

In the circle below, write "Gratitude" in the center. Around it, write or draw 5 things you're grateful for right now:



3. What are three small things you often take for granted?

1. _____

2. _____

3. _____

4. Describe a challenging situation you've faced recently. Can you find something to be grateful for within this challenge?

5. Who is someone you're thankful for? What specific qualities or actions of theirs inspire your gratitude?

6. How does focusing on gratitude affect your mood or outlook? (Check all that apply)

[] Increases positivity

[] Reduces stress

[] Improves relationships

[] Enhances overall well-being

[] Other: _____

7. Write a brief thank-you note to yourself, acknowledging something you've done or a quality you possess:

8. What's one new way you can express gratitude to others in your daily life?

9. How might you use gratitude to reframe a current worry or concern?

10. Create a gratitude affirmation to use daily:

11. What time of day do you think would work best for your gratitude practice?

[] Morning [] Midday [] Evening [] Before bed

12. How do you think a regular gratitude practice might improve your life?

Gratitude Action Plan:

List 3 specific actions you'll take this week to cultivate more thankfulness:

1.

2.

3.

One key insight from the ebook that I want to remember about gratitude:

Gratitude Prompt Ideas:

- ▶ What made me smile today?
- ▶ What's something beautiful I saw recently?
- ▶ Who has helped me this week?
- ▶ What's a simple pleasure I enjoy?
- ▶ What's something I'm looking forward to?

Additional Resources:

- **Book:** "The Gratitude Diaries" by Janice Kaplan
- **App:** Gratitude - for daily journaling and reminders
- **Website:** www.gratefulness.org - for inspiration and practices

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Next Steps...

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