

# Gratitude Worksheet

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**WRITE 10 THINGS YOU ARE GRATEFUL FOR TODAY**

**WRITE ABOUT 3 PEOPLE YOU ARE GRATEFUL FOR AND WHY**

**WRITE 3 THINGS YOU ARE GRATEFUL FOR ABOUT YOURSELF**

Ex:

*I am grateful for the sunshine waking me up today.*

*I am grateful for all the support I have in my life.*

*I am grateful for a full day of work ahead to keep me focused.*

*I am grateful for my home, my car, and the food in my fridge.*

*I am grateful for my warm bed and air purifier at night.*

*I am grateful for my community and their dedication to the work.*

*I am grateful for the resources I have in my life.*

*I am grateful to live in California and have access to beautiful nature.*

*I am grateful for my home office and the safe space it creates for my clients.*

*I am grateful SF is small enough for me to drive around all day.*

*I am grateful for Damian because he is always down to let me talk about my ideas, fears, dreams, and wins.*

*I am grateful for my mom because she is a pure extension of love and it inspires me to be in my integrity every day.*

*I am grateful for my mentors because they have lovingly supported my personal growth in ways I could never imagine. It has rippled positively into every aspect of my life.*

*I am grateful for my energy and the power behind it. It is how I am able to support the people in my life and how I am able to get important things done every day.*

*I am grateful for my determination because there are many reasons why I could've given up on myself throughout my life. I have stuck through the hardest times and pushed myself to get to the other side, every time.*

*I am grateful for my intuition and healing powers. It has allowed me to be a channel for helping so many people heal, have life-changing breakthroughs, and transform their reality.*

# Gratitude Worksheet



Now, you try...

**10 THINGS I AM GRATEFUL FOR TODAY:**

**3 PEOPLE I AM GRATEFUL FOR AND WHY:**

**3 THINGS I AM GRATEFUL FOR ABOUT MYSELF:**