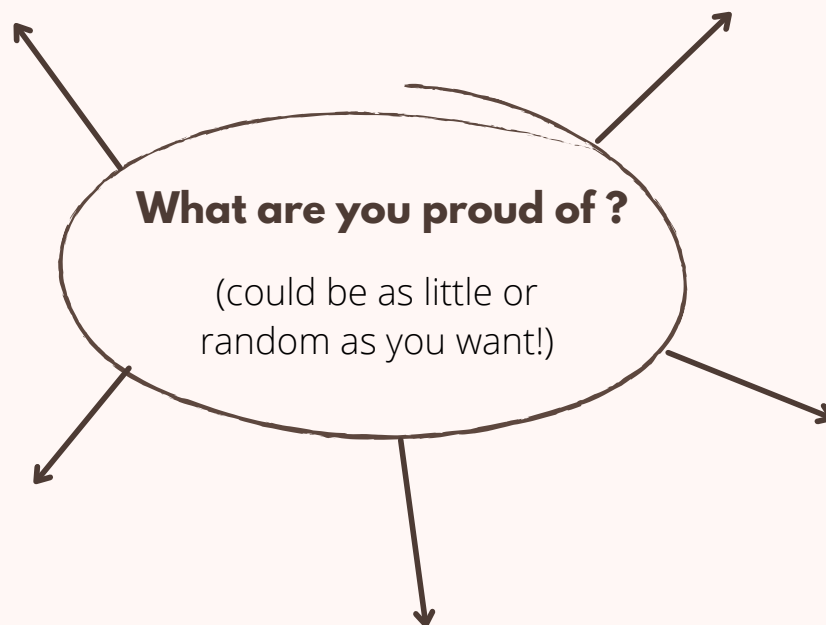


Gratitude Worksheet

GROUND RULES

- This is your worksheet so don't feel pressured to share anything on it.
- To get the most out of this exercise be honest with your answers
- Gratitude is in no way a cure for mental illnesses however it can help to alleviate negative thoughts.

TASK 1



TASK 2

What life experience (good or bad) have I that I'm grateful for?

It's healthy for us to sometimes reflect on both good and bad past experiences as they shape our current lives (as long as they are not triggering). Understanding how these moments and experiences affected/helped us is important for growth and future you.

TASK 3

Gratitude questions

- What material possessions am I thankful for?
- What activities (hobbies, events, etc.) am I grateful for?
- What's something that inspired or touched you recently?
- What's something you're looking forward to in the future?
- How do your friends and/or family members show they care about you?
- What's an aspect of your personality you're grateful for?