



Gratitude Practice Worksheet

Daily Gratitude Prompts

- What are three things you're grateful for today?
- What made you smile recently?
- Who are you thankful for and why?

Mindset Shift

Rewrite these thoughts:

- I have to → I get to
- I'm overwhelmed → I'm capable and supported

Gratitude & God

- A blessing I saw God provide today:
- A prayer of thanks I want to offer:



Gratitude Reflection Page

- What negative thought tried to take over today?
- How can gratitude shift that perspective?
- Write a prayer, affirmation, or reflection of gratitude below: