

GRATITUDE WORKSHEET

Gratitude is a choice and something we can practice. If we do this enough, it becomes a habit and then a way of being.



Practice Right now by naming 5...

things near me I am grateful for

people I am grateful for

memories I am grateful for

things I am looking forward to

things in nature I am grateful for

things about my body I am grateful for

things about my job I am grateful for

movies I am grateful for

inventions I am grateful for

books I am grateful for

things within 5 feet of me I am grateful for



**James
Scott
Henson**

More resources like this can be found at
JamesScottHenson.com

© 2019 James Scott Henson