



# Gratitude Practice Worksheet

A gentle space to notice and appreciate the good in your life

LIGHTS OF PEACE

In this activity, you will practice noticing and expressing gratitude. You will reflect on daily experiences and identify things for which you feel grateful.

## Welcome to Gratitude

Gratitude is the feeling of being thankful for something. It's about noticing and appreciating the good things in your life, both big and small. Practicing gratitude can make you feel happier and more positive.

## Complete the Table

Use the table below to write about what you are grateful for today.

Today I'm Grateful For	Why This Matters to Me	How It Made Me Feel
The sun shining	It makes me feel happy and warm	Happy and warm

*Daily Reflection Prompts:*

**What is one small moment today that brought me joy?**

**Who is someone I appreciate and why?**

**What is something I often take for granted?**

**What is one thing about myself I'm grateful for?**

**What made today meaningful?**

*Gratitude Depth:*

*A challenge I'm grateful for & what it taught me: \_\_\_\_\_*

*Something I'm looking forward to: \_\_\_\_\_*

*A simple pleasure I enjoyed today: \_\_\_\_\_*

*Gratitude Reminder:*

Even small moments of gratitude can shift my perspective.

One word to describe how I feel right now: \_\_\_\_\_

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## **Reflect on Gratitude**

Think about what you wrote in the worksheet. How did it make you feel? Did it change the way you see things?

What is one thing you can do every day to practice gratitude?

How can you share your gratitude with others?

Why is it important to be grateful even when things are difficult?