



Daily

Gratitude

Date:

Use this worksheet to practice gratitude in the morning and evening. Starting and ending your day with a grateful mindset can make you more positive and improve your well-being!

Morning Gratitude

Write down 3 things you're grateful for this morning. What are you looking forward to today?

1

2

3

Evening Gratitude

Reflect on your day and write down things you are grateful for this evening. What made today special?

1

2

3

Today's Positive Affirmation

