Gratitude
What are you grateful for?

THINGS YOU ARE GRATEFUL FOR RIGHT NOW
What is coming into your mind... at this exact moment?

RELATIONSHIPS I AM GRATEFUL FOR
From friends to family to loved ones, think of the ones that sparks warmth inside your heart.

ACTIVITIES THAT YOU ENJOY
Whether it’s watching Netflix or eating yummy food——the idea is to take it all in and enjoy the experience.

WHAT ARE YOU LOOKING FORWARD TO?

PROUDEST MOMENT THIS WEEK

SOMETHING YOU ARE GOOD AT

POSITIVE THINGS ABOUT MYSELF
Positive self-talk such as I am hardworking, I love challenges, I make delicious food, can help build optimistic thinking.

RESEARCH BENEFITS:
- Increases happiness
- Improves mental health
- Better stress-management
- Fosters resilience
- Boosts self-esteem
- Builds empathy
- Enhances sleep quality
- Strengthens relationships

Research shows that when you practice gratitude every single day, your happiness increases! :)

REFERENCE

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