

Practicing Gratitude Worksheet

Showing gratitude can improve your happiness by helping you feel more positive, cope with tough times, practice compassion, build strong relationships, forgive others, and improve overall health.

Tip Sheet: [Practicing Gratitude](#)

Getting in the Way of Gratitude

What **barriers** do you face to practicing gratitude?

Thankful Thoughts

When did you **last give time and attention** to the good things in your life?

Which **gratitude benefits** would be helpful in your life right now?

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Gratitude Exercise

Which **activities, people or things** make you feel good?

What **sensations** do you notice?

- Body sensations

- Thoughts

- Feelings

Practice Positivity

What **gratitude practice** can you try on your own?
