

Grateful Prompts Worksheet

It can be hard to recognize what we are grateful for when things get tough. Sometimes, taking a moment to step back and reflect on what you are grateful for helps shift your perspective and brighten your day. So take a moment and consider what you're grateful for.

Good morning! It's a new day.
What is the first thing you are grateful for now that you're awake? Take your time with it!

Where are you most looking forward to today?

What activities are you going to do for self-care today?

What meals are you excited about having?



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What made you laugh today?

What did you love the most about today?

What lessons did you learn today?

What are you looking forward to tomorrow?

