

GRATITUDE PRACTICE

**DAILY GRATITUDE PLAN:
WHEN? WHERE? HOW LONG?**

**ROUTINES/DAILY TASKS TO
ADD GRATITUDE TO:**

**DIFFICULT/NEGATIVE SITUATIONS WHEN YOU CAN PRACTICE
GRATITUDE:**

**WHAT OTHER FEELINGS WILL
GRATITUDE BRING TO YOUR
LIFE?**

**WHAT LITTLE THINGS ARE YOU
GRATEFUL FOR EACH DAY?**

**HOW WILL GRATITUDE CHANGE YOUR LIFE? DESCRIBE HOW YOU
WILL FEEL ON A DAILY BASIS:**