

Morning Gratitude Check-In



Evening Reflection Worksheet



One Good Moment Today



Tiny Wins Tracker



THREE GOOD THINGS BEFORE BED

CLASSIC THREE GOOD THINGS WORKSHEET



GOOD THING 1



WHAT MADE YOU SMILE TODAY?

DATE: _____

GOOD THING 2



WHO OR WHAT ARE YOU GRATEFUL FOR?



GOOD THING 3



WHAT DID YOU ACCOMPLISH OR LEARN?

WEEKEND WINS REFLECTION

- ✓ A NEW EXPERIENCE: _____
- ✓ A MOMENT OF PEACE: _____
- ✓ A PROGRESS MILESTONE: _____

Gratitude Letter Worksheets

Gratitude Letter Template

Date: ____/____/____

Dear [Person or thing],

Write about why you're grateful for them here...

Specific details/memories...

Ending (e.g., With love, Thank you, etc.)



Thank You Reflection Sheet

Who are you thanking?

What did they do or mean?

How did this impact you?

A small memory...

Unsent Letter Worksheet

To: [An concept, period in time, feeling, or past self]

Explain why you're grateful, even for challenging times...

What did you learn?

Final reflection...



GRATITUDE CHALLENGE WORKSHEETS



What little joy made you smile today?

7-Day Gratitude Challenge

Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

☐ ☐ ☐ ☐ ☐ ☐ ☐

Lined

How did you grow or learn this month?

30-Day Gratitude Challenge

☐ 1 ☐ 2 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 10
☐ 8 ☐ 9 ☐ 11 ☐ 12 ☐ 13 ☐ 14 ☐ 15 ☐ 16
☐ 15 ☐ 16 ☐ 17 ☐ 19 ☐ 20 ☐ 21 ☐ 22 ☐ 23
☐ 22 ☐ 23 ☐ 25 ☐ 26 ☐ 27 ☐ 28 ☐ 29 ☐ 30

Lined

How do you feel after this week?

Weekly Habit Tracker

M T W T F S S

Gratitude entry

☐ ☐ ☐ ☐ ☐ ☐ ☐

Kind act

☐ ☐ ☐ ☐ ☐ ☐ ☐

Communication

☐ ☐ ☐ ☐ ☐ ☐ ☐

Emotion

☐ ☐ ☐ ☐ ☐ ☐ ☐

Feel bress

☐ ☐ ☐ ☐ ☐ ☐ ☐

Week omd energy

☐ ☐ ☐ ☐ ☐ ☐ ☐

Reflect on your consistency

GRATITUDE WALK WORKSHEETS

1. NATURE GRATITUDE WALK

Use this space to jot down things you feel thankful for during your walk.

2. NEIGHBORHOOD OBSERVATION SHEET

Write down interesting details you notice in your surroundings.

3. MINDFUL CAMPUS WALK WORKSHEET

Record moments that brought you peace or inspiration on campus.

GRATITUDE FOR DIFFICULT DAYS WORKSHEETS

Gentle Gratitude Worksheet

What are 3 small things that still brought you peace today?



Stress Reset Reflection

In a moment of stress, what physical sensation or deep breath helps you reconnect?

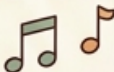


✧ Difficult Day Journal Page ✧

✧ Today felt heavy because... Let it out here. What did you learn?

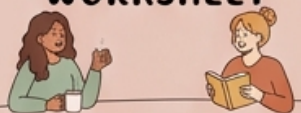


Small Comforts Checklist

- ☐ Warm beverage (tea, cocoa) 
- ☐ Comforting smell (candle, incense) 
- ☐ Soft blanket/hug 
- ☐ Short stretch/movement 
- ☐ Favorite song/sound 

GRATITUDE FOR RELATIONSHIPS & FRIENDSHIPS WORKSHEETS

FRIENDSHIP APPRECIATION WORKSHEET



I am grateful for my friend
[NAME] because...

A fun memory we shared
is...

How they make me feel
supported:

FAMILY GRATITUDE PAGE



Something I love about my
family dynamic:

A lesson I've learned from
a family member:

I appreciate [NAME]'s
contribution of:

ACTS OF KINDNESS REFLECTION



A recent act of kindness I
received:

How did it make me feel?

One small way I can show
kindness today:

SUPPORT CIRCLE ACTIVITY



Who is in my 'Inner Circle'?

One person I can rely on for
practical help:

Who makes me feel safe to
be myself?

CAMPUS GRATITUDE WORKSHEET

Reflect & Appreciate Your Journey

CLASSROOM REFLECTION PAGE

What moment this week in a class made you feel inspired or curious?

(e.g., a great discussion, a clear explanation)

A teacher or classmate you appreciated and why?

How did you show kindness to yourself during difficult assignments?



EXAM WEEK PERSPECTIVE SHEET

What's something challenging about exams that is helping you grow stronger or more resilient?

List 3 simple things that brought you comfort during stressful study sessions.

How can you reframe "failure" as a valuable learning opportunity?



SEMESTER GROWTH TRACKER

Looking back on the last few months, what personal strengths have you discovered?

A skill you've improved (academic or personal) and how you achieved it.

A specific memory of a small win you are proud of.



ACADEMIC PRESSURE RELIEF

What's one pressure you can release? Write it down and imagine letting it go.

Describe a space (physical or mental) where you feel calm and capable.

List 3 non-academic things you are grateful for outside of studies.



APPRECIATING MYSELF WORKSHEET

PERSONAL STRENGTHS REFLECTION



What unique skills do you have?
When do you feel most confident?
List 3 traits you admire in yourself.



GROWTH MINDSET GRATITUDE SHEET



What was a challenge you faced?
What valuable lesson did you learn from it?
Name one skill you're proud of developing.



SMALL VICTORIES JOURNAL



Name three small things you accomplished today
(even tiny ones). How did these small steps
make you feel? Celebrate them here!



REFLECTING ON KINDNESS & RESILIENCE

Recall a time you were kind to yourself this week.
How can you show yourself more grace?
What is one goal for your self-care?





FUTURE-SELF GRATITUDE EXERCISES



LETTER FROM FUTURE ME

Start your letter with 'Dear Present Me...'

What advice does your wise, future self give you?

• List specific achievements and feelings of success.

What are they most grateful for about your present journey?



FUTURE SUCCESS REFLECTION

- What major goal did your future self achieve?
- What steps did they take to reach it?
- Describe the impact of this success on your life.
- Express gratitude for the strengths and resilience that made it possible.



DREAM LIFE GRATITUDE WORKSHEET

List 3 things you have in your ideal future life (e.g., job, home, relationship).



Why are you deeply grateful for each one?

Describe how having these things makes you feel.

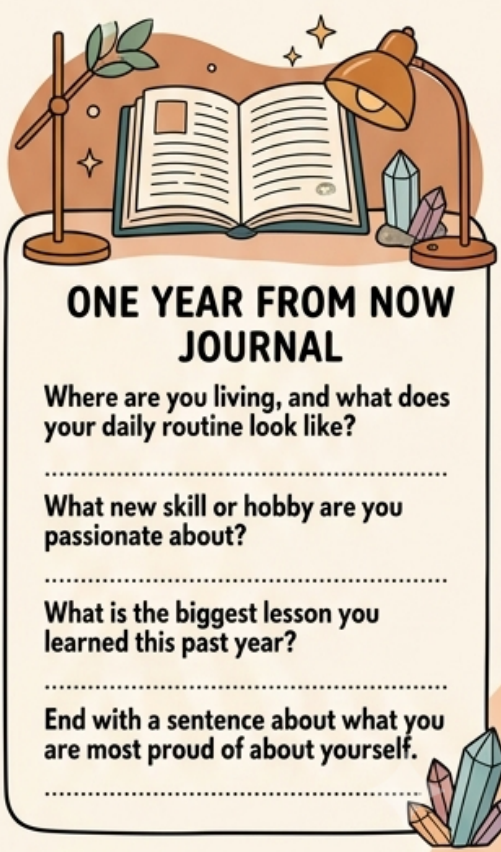
1.

2.

Visualize the abundance and write it down.

1.

2.



ONE YEAR FROM NOW JOURNAL

Where are you living, and what does your daily routine look like?

What new skill or hobby are you passionate about?

What is the biggest lesson you learned this past year?

End with a sentence about what you are most proud of about yourself.

PRINT & PRACTICE DAILY!
YOUR FUTURE SELF THANKS YOU.

GRATITUDE WORKSHEETS FOR SOCIAL MEDIA BURNOUT

COMPARISON RESET WORKSHEET

What unique strengths do I appreciate about myself right now?
Write 3 things.

Who or what inspired me today (outside of social media)?

A moment I was proud of my own journey, not someone else's.

OFFLINE JOY TRACKER

What activity made me lose track of time today?

Describe a beautiful thing I noticed in the real world.

What did I do that made my body feel good?

SOCIAL MEDIA REFLECTION JOURNAL

When did scrolling feel the most draining today? Why?

How does my mind feel after taking a break?

A positive boundary I set for my digital well-being.

DIGITAL DETOX GRATITUDE SHEET

I am thankful for the quiet moments because...

What offline connection are you most grateful for?

How has limiting my screen time improved my week?