

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...

