

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 