



THE GRATITUDE CHALLENGE

GRATITUDE WORKSHEET

What is going well for you right now? Appreciate the positive. Every situation has something to offer you.

Close your eyes and think about something that feels good right now. What is the feeling behind the situation? Does it give you a sense of security? freedom?

What are you struggling with right now? Appreciate the negative. Every situation has something to offer you.

For example, if you don't like your current job. Can you appreciate that it frees you from financial worry as you work towards changing your situation?

Do something unexpected today for someone else.

Help someone carry something heavy, open a door for someone, take 5 minutes to think of someone you know is struggling and send them positive thoughts. Write a letter to someone that helped you in the past and mail it. Call someone that you miss and let them know you are thinking of them. Buy your coworkers a box of doughnuts. Visit an elderly neighbour or relative.

You get the idea, it doesn't have to cost money. Think about what you are going to do, write it down below. Come back to this page later today or tomorrow and write down how you felt about it.
