Gratitude

A gentle weekly worksheet to explore this habit and reflect on your experience.

This Week's Practice

- ■ Notice one small thing you appreciate
- ■ Write down a moment of ease
- ■ Express thanks to someone
- ■ Pause before reacting
- ■ Reflect at the end of the day
- ■ Acknowledge what feels enough

Reflection

What moments of gratitude stood out this week? How did they affect your mood or outlook?

Weekly Intention

Gentle Reminders

• Gratitude grows with attention.

• Small moments matter.

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