

# Gratitude Exercise

**Gratitude:** *the quality or feeling of being grateful or thankful.*

**Materials:**

- Pen
- This worksheet

**Instructions:**

1. Sit by yourself so you can work independently.
2. Reflect on recent and past events and people who have given you experiences for which you feel gratitude. List several of these experiences below:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

Now that you have developed a list of things or people for which you experience gratitude, write about the experience below. If you're comfortable doing so, you can also use social media to share one of your experiences:

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