

Daily Gratitude Worksheet

Date: _____

Print off and use this worksheet everyday for 30 days to help yourself stay clear and calm. Keep a folder.

I am Grateful for:

Finances

1. _____

2. _____

3. _____

4. _____

5. My mindset for Finances

Health

1. _____

2. _____

3. _____

4. _____

5. My mindset for Health

Relationships

1. _____

2. _____

3. _____

4. _____

5. My mindset for Rel.

In the blank spaces above and below write down what you are most grateful for in each category

Career

1. _____

2. _____

3. _____

4. _____

5. My mindset for Career

Toys

1. _____

2. _____

3. _____

4. _____

5. My mindset for Toys

Misc

1. _____

2. _____

3. _____

4. _____

5. My mindset for Misc

In the misc spaces fill in an extra grateful situation from each category or anything else you desire.

Also in the Big empty space provided below write a one sentence I AM statement, for example **I AM Great!!!... I AM THE BEST!!!... I AM A WINNER!!! Or I AM DETERMINED!!! (ALL CAPS)**. Watch for changes.