

Welcome to the Gratitude Exercise, a powerful practice designed to help you cultivate a mindset of appreciation and positivity in your daily life.

This exercise encourages you to take a few moments each day to reflect on the positive aspects of your life, no matter how big or small. By dedicating time to acknowledge the blessings, lessons, and moments of beauty that each day brings, you can shift your focus from what might be lacking to what you already have. This shift in perspective has the potential to enhance your overall well-being and help you navigate challenges with resilience and grace.

Just answer these 5 questions daily in your journal or on this sheet. You can print it out and carry it with you for easy reference. Let's get started!

**What Positive Moments Did I Experience Today?**

Reflect on the day and identify moments that brought a smile to your face, gave you a sense of accomplishment, or made you feel grateful.

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**Who or What Am I Thankful for Today?**

Consider the people, situations, or things that played a positive role in your day.

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**What Lessons Did I Learn from Challenges?**

Reflect on any difficulties you faced today and consider what valuable insights or lessons you can take away from them.

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**How Did I Practice Self-Care and Well-being Today?**

Recognize the efforts you made to prioritize your own well-being.

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**What Beauty Did I Find in the Ordinary?**

Reflect on the simple pleasures, sights, sounds, or experiences that made your day special.

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