



DARREN ELLIOTT

THErapy FOR HUMANS

Gratitude Exercises

Client Worksheet

Cultivating Positive Emotions and Mindset: Gratitude Worksheet

Gratitude is a powerful tool for cultivating positive emotions and mindset. By focusing on various things, people, places, moments, experiences, etc. we are grateful for, we can shift our perspective and find joy in everyday moments. This worksheet will guide you through some exercises to help you notice and appreciate the abundance in your life. The further away your emotions are from gratitude, the more difficult it will be to feel it. Don't give up, start small, google gratitude videos and share gratitude with others.

Exercise 1: Gratitude Journal

Take a few moments to reflect on your day and write down three things you are grateful for. These could be big or small moments, experiences, people, or things that brought you joy, comfort, or a sense of appreciation. **(Do this daily for 3 weeks to cultivate meaningful change.)**

1. _____
2. _____
3. _____

Exercise 2: Gratitude List

List five things in your life that you are grateful for. These can be aspects of your life, relationships, opportunities, or anything else that fills you with gratitude.

1. _____
2. _____
3. _____
4. _____
5. _____



DARREN ELLIOTT

THERAPY FOR HUMANS

Gratitude Exercises

Client Worksheet

Exercise 3: Gratitude Walk

Take a short walk outside and pay attention to your surroundings. Notice the beauty of nature, the warmth of the sun, or the sound of birds singing. As you walk, reflect on the things you are grateful for in this moment.

Reflection and Prompts

Exercise 4: Gratitude Reflection

Reflect on the exercises you completed and how they made you feel. Write down any insights or observations you had during this practice.



DARREN ELLIOTT

THErapy FOR HUMANS

Gratitude Exercises

Client Worksheet

Exercise 5: Gratitude Prompts

Use the following prompts to continue exploring moments and things you can be grateful for in your life:

- What is something that made you smile today?
- Who are the people in your life that you are thankful for?
- What are some challenges or obstacles that have helped you grow or learn valuable lessons?
- What is something you often take for granted that you can appreciate more?
- How has expressing gratitude positively impacted your mood or mindset?

Closing Thoughts

Remember that cultivating gratitude is a practice that can be integrated into your daily life. By regularly acknowledging and appreciating the abundance around you, you can foster a positive outlook and experience greater happiness and fulfillment.

Closing Affirmation:

"I am grateful for the abundance in my life, and I choose to focus on the positive aspects that bring me joy and fulfillment."