

Evening Gratitude Worksheet

There is always something to be grateful for



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Practicing gratitude is an essential habit that can transform your perspective and enhance your overall well-being. By reflecting on what you are thankful for each day, you can cultivate a more positive outlook on life and increase your resilience during challenging times. This simple practice can lead to greater happiness and fulfillment.

Instructions: At the end of each day, reflect on three things you are grateful for and how they made a positive impact on your day. Also, recognize how what your are grateful for made you feel. These are things we can use whenever we need a pick me up, and now you have the ability to recall these emotions at will.

Gratitude Entry for Today:

1. _____
2. _____
3. _____

Reflection:

What feelings did these moments evoke?

Wrap Up and Next Steps

If you want to enhance this exercise to feel the benefits more quickly, I recommend writing 10 things you're grateful for every single day in a book specifically dedicated to gratitude. What you'll find is you'll struggle to come up with 10, but after a week or two, and realizing that things don't have to be major to be grateful. You can be grateful for small things too. That's what this exercise teaches you.

Integrating gratitude into your daily routine can lead to lasting positive changes in your mindset. Keep this worksheet in a visible place and make it a ritual to fill it out every evening. Over time, you'll notice how this practice enhances your appreciation for the little things in life. For more resources or to learn more about our services, visit our website at www.baransuserenity.com and schedule a free consultation today.