

7 Days of Gratitude Rules

1. Pick a Set Time at the End of the Day to Fill Out This Sheet.
2. Write Down Two Things Specific to This Day That You Are Grateful For.
3. Write Down Why.
4. No Matter How Small It Needs to Be Look for it and Write it Down.
5. If You Are Struggling to Find Something. Do Something Right Now that Feels Good.

THE
THERAPEUTIC
WORKSHOP



Day #1

1. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

Because ...

2. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

Because ...

Day #2

1. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

Because ...

2. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

Because ...

Day #3

1. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

Because ...

2. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

Because ...

Day #4

1. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

Because ...

2. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

Because ...

Day #6

1. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

Because ...

2. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

Because ...

Day #5

1. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

Because ...

2. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

Because ...

Day #7

1. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

Because ...

2. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

Because ...
