

## Gratitude Worksheet

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*Articulate three skills you have that make you really good at your job.*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

*What are three things you appreciate about the physical space in which you work?*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

*What are three things you appreciate about your body?*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

*Write down three compliments your best friends would give you.*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

*Describe three ways you make life better for students in your community.*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_