

Name:

Date:

MENTAL HEALTH THERAPY WORKSHEET

GRATITUDE PROMPTS

1. What lessons are you grateful to have learned?

2. Which places are you most grateful to have visited?

3. Which moments in your day made you happy?

4. What foods do you enjoy the most?

5. What are you most grateful for in your life today?

6. Which books have you read that had an impact on you?

7. Who makes you laugh?

8. What are you most looking forward to?

9. What do you love about this season?

10. What activities do you love doing?