

# Gratitude Toolkit

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## Gratitude Worksheet

Appreciating all the positive things in our lives can help increase our happiness and decrease our stress. Work through each different area of your life (listed below) and list what you are grateful for.

**Overlooked blessings:**  
Did you know that 2.4 billion people in the world – one in three – do not have an adequate toilet? And, 663 million people in the world – one in ten – do not have clean water? Happiness isn't created by getting something you don't have, but by appreciating what you already have. What overlooked blessings do you have to be grateful for right now?

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## Gratitude Worksheet



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## Why I'm Grateful



I am grateful for my family because... \_\_\_\_\_



Something good that happened this week... \_\_\_\_\_



I am grateful for my friendship with... \_\_\_\_\_ because... \_\_\_\_\_



I am grateful for who I am because... \_\_\_\_\_



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## Gratitude Exercises

**Gratitude** means appreciating the good things in life, no matter how big or small. Making the practice of gratitude a regular part of your day can build happiness, self-esteem, and provide other health benefits.

### Gratitude Journal

Every evening, spend a few minutes writing down some good things about your day. This isn't limited to major events. You might be grateful for simple things, such as a good meal, talking to a friend, or overcoming an obstacle.

### Give Thanks

Keep your eyes open throughout the day for reasons to say "thank you." Make a conscious effort to notice when people do good things, whether for you or others. Tell the person you recognize their good deed, and give a sincere "thank you."

### Mindfulness Walk

Go for a walk and make a special effort to appreciate your surroundings. You can do this by focusing on each of your senses, one at a time. Spend a minute just listening, a minute looking at your surroundings, and so on. Try to notice the sights, sounds, smells, and sensations you would usually miss, such as a cool breeze on your skin, or the clouds in the sky.

### Gratitude Letter

Think about someone who you appreciate. This could be a person who has had a major impact on your life, or someone who you would like to thank. Write a letter that describes why you appreciate them, including specific examples and details. It's up to you if you'd like to share the letter or not.

### Grateful Contemplation



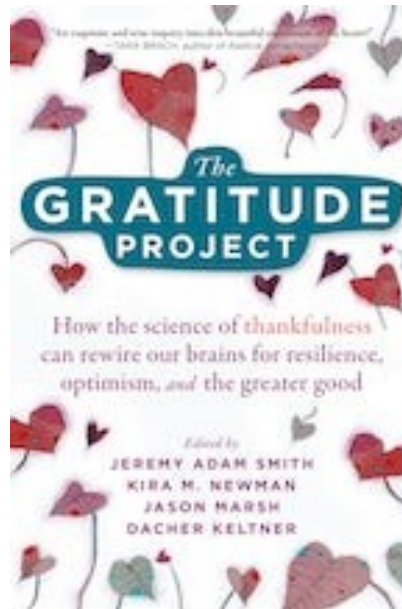
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## The Benefits of Gratitude

Thanksgiving and the upcoming holiday season can be a joyous time, filled with family gatherings, religious celebrations, and feelings of optimism as 2023 approaches.

But some members of your congregation and community may struggle this time of year. Overloaded schedules, unrealistic expectations, and the inability to be with family and friends can leave them feeling stressed and lonely.

Practicing gratitude can make a positive difference. It can help decrease depression, help you feel more optimistic, boost your immune system, lower your blood pressure, and provide numerous other health benefits.

To inspire gratitude in your faith community, try these activities:

**Place a gratitude board in your house of worship.** Have paper and pens nearby and encourage members to post something for which they are grateful on the board.

**Create a gratitude jar or box.** Whenever something good happens or you feel thankful, write it down on paper and place it into the jar or box. See related story: [Gratitude Jar Project Makes an Impact One Blessing at a Time](#).

**Distribute gratitude rocks** to members of your congregation. Ask them to carry the rock in their pocket, leave it on their desk, or wear it on a chain around their neck or wrist. When they see the rock or touch it, they can pause to think about at least one thing for which they are grateful.

**Organize a gratitude challenge** for your congregation, using the [Thnx4](#) online gratitude journal and other [gratitude apps](#).

**Include gratitude prompts** in your bulletins, newsletter, or social media sites. The prompts can include: I'm grateful for three things I hear...I'm grateful for these three friends...I'm grateful for these three things in my home...etc.

**Encourage your members to incorporate gratitude into their daily lives** by keeping a gratitude journal, doing something kind for someone in their life, giving thanks through prayer, and meditating on things for which they are grateful.

For additional ideas, see [13 Most Popular Gratitude Exercises & Activities](#)

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