

# GoodTherapy Practicing Gratitude

**What is gratitude?** Gratitude is defined as the quality of being thankful, and the readiness to show appreciation for and to return kindness. This worksheet provides tips on how to mindfully practice gratitude, and start appreciating the good things in life.



**Write down the good things about your day**



**Write a letter to someone you appreciate**



**Find the reasons to say thank you**



**Reflect on the positive things about your day**



**Take time to enjoy nature**



**Say what you're grateful for out loud**