

ONE-WEEK GRATITUDE WORKSHEET

Mindfulness and Daily Practices

Cultivating Gratitude for a Better Work and Life Balance

This one-week challenge is designed to help you practice gratitude daily, increase mindfulness, and identify triggers that spark appreciation. At the end of each day, follow the steps below, reflect on your experience, and track your progress. At the end of the week, review your entries and consider repeating the challenge.

Mindful Moments of Reflection	MON	TUE	WED	THU	FRI	SAT	SUN
What's one thing I'm excited about today?							
What's one person I'm thankful for right now?							
What's one thing that went well today?							
What triggered my gratitude today?							
Mood After Reflection (1-10)							

End-of-Week Reflections

What surprised you about this week?

What gratitude practices worked best for you?

What improvements did you notice in your mood, perspective or workday?



Gratitude turns everyday challenges into opportunities and simple moments into lasting joys.