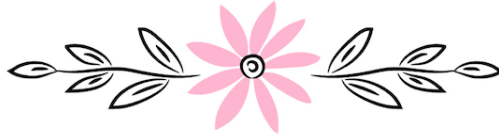


Gratitude Worksheet



This worksheet is to prime your gratitude pump. The idea is to get a glimpse of the huge number of things available to us in a gratitude practice.

List 3 gratitudes for each item below. Feel free to go to town on any or all of them!

BIG gifts from the universe

Ex: Being alive, born in a free country and not in war, my health...

I'm grateful for...

People and pets

Ex: my husband, my mom, my brother's dogs Ralphie and Otto...

I'm grateful for...

Places you love

Ex: Tibet, Yosemite, Vics, the Sierra...

I'm grateful for...

Natural talents you have or skills you've been able to learn

Ex: that I have a good eye for photography, that I'm a good editor, that I can write...

I'm grateful for...

Education or training you've received

Ex: Masters in lit, Brooke's coaching course, meditation, toastmasters...

I'm grateful for...

Stuff you feel with your senses

Ex: the smell of jasmine, fall leaves, a hot shower....

I'm grateful for...

Things that make my life easier

Ex: electricity, my car, the fridge...

I'm grateful for...

Life lessons I've learned

Ex: shortcuts always kick my ass, people matter more than anything, gossip always kicks my ass...

I'm grateful for...

Gifts of my faith or spiritual path

Ex: the teachings of HH the Dalai Lama, the comfort that the dharma is a path to pacify all suffering...

I'm grateful for...



If you'd like help implementing daily practices to stop suffering so much and change your life, contact Yolanda at yolanda@yolandaobannon.com for private coaching.

*Get tips on self-care with my newsletter — sign up here:
<https://yolandaobannon.com/>*