

Self-Gratitude Journal

This worksheet helps you cultivate self-gratitude by reflecting on daily accomplishments and positive qualities.

Examples:

Example Entry:

- Accomplishment: I completed a challenging project at work.
- Quality: I was patient and resourceful.
- Self-Care: I took a walk and listened to calming music.

Instructions:

1. Write one thing you accomplished today that you're proud of.
2. Identify one personal quality you displayed today.
3. Note one act of kindness or self-care you did for yourself.
4. Reflect on how these practices make you feel and what patterns you notice over time.

