

SacredSerenity

GRATITUDE TRACKER



Practicing gratitude shifts your energy from scarcity to abundance.

By acknowledging the blessings already present in your life, you open the door to receive more. Use this worksheet daily or weekly to realign with joy, presence, and prosperity.

Date	I am Grateful for	How it makes me feel

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Gratitude Prompts

What unexpected blessing(s) surprised me today / this week?

Who made my day / week better and how?

What small things brought me peace or joy?

What challenge(s) taught me something valuable?

What abundance already exists in my life that I've been overlooking?

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Gratitude Checklist

- ☐ Send a thank you message to someone who impacted your day / week
- ☐ Take a photo of something beautiful or meaningful that you are grateful for
- ☐ Say aloud: "Thank you for _____"
- ☐ Send a thank you message to someone you love
- ☐ Take a selfie with someone you care about and send it to them with a thank you message
- ☐ Write a journal / diary entry with how gratitude changes your perspective
- ☐ Think about something your body did for you this week
- ☐ Draw / think of an object or tool that made your life easier
- ☐ A skill or strength you are grateful for
- ☐ Take a photo of something in nature you're grateful for

Write down 3 Affirmations:

1.
2.
3.