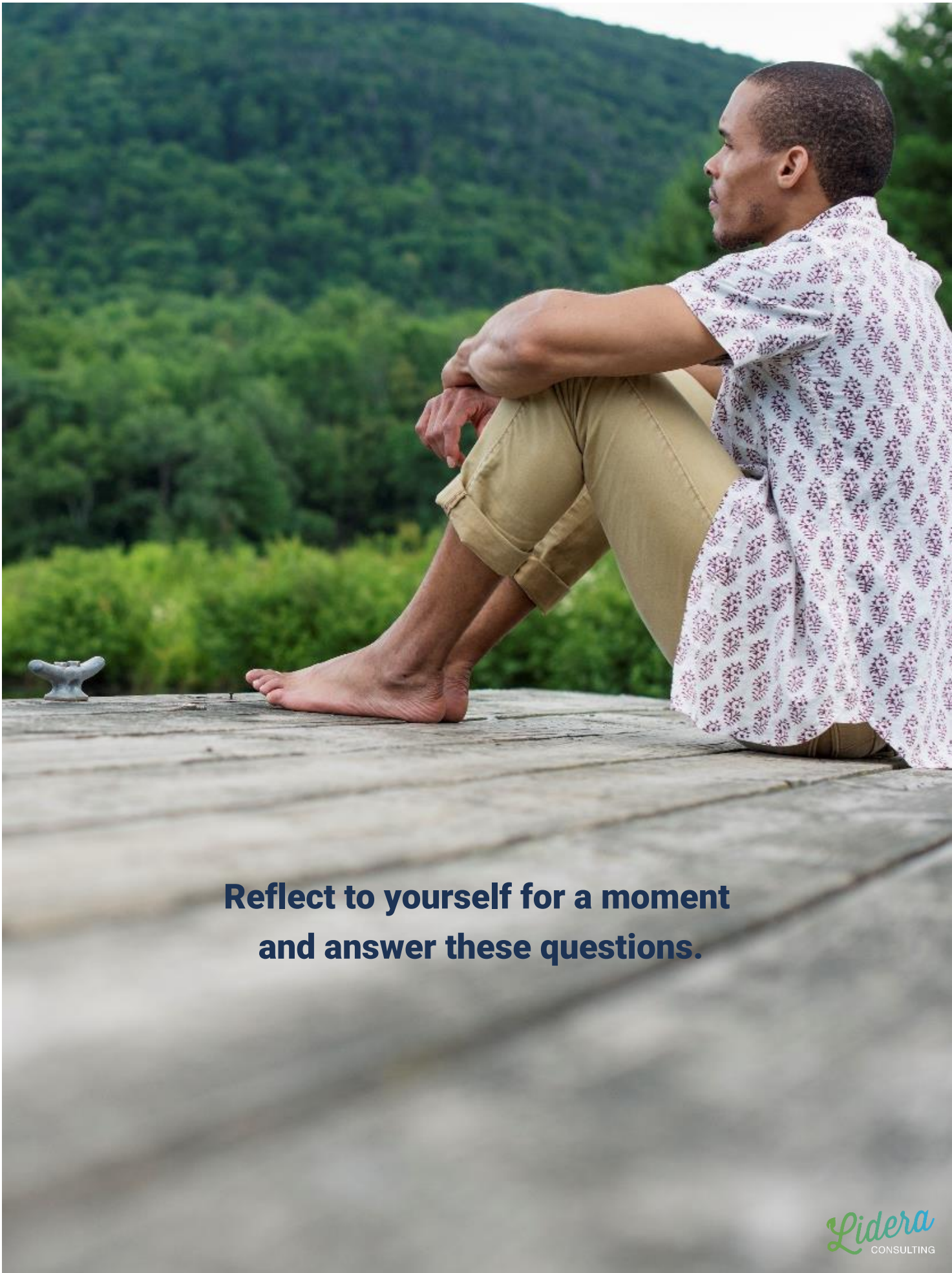# Gratitude Worksheet

Lidera CONSULTING

How to Re-Boot your Resilience

**Reflect to yourself for a moment
and answer these questions.**

Lidera
CONSULTING

Gratitude

What is one thing I'm most grateful for?

What's another thing I'm most grateful for?
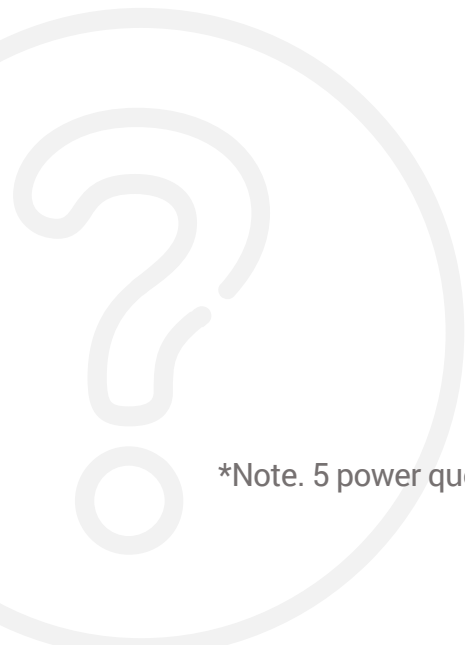
What is one thing I'm happy about?

What is one thing I'm excited about?

What's one thing I'm most proud of?

Who do you love?

Who loves you?

*Note. 5 power questions adopted from Tony Robbins Awaken the Giant Within, pg. 204.

Commit™ to being Grateful

If you look back on your Gratitude worksheet, you can see how many things you're already grateful for and how easy it is to be grateful. However, sometimes life shows up and it can seem challenging. Use the **COMMIT** method to accelerate your practice of gratitude.

Lidera CONSULTING

C

Create Clarity

This is less about creating clarity on 'what' you're grateful for and more about what 'practicing gratitude' looks like for you. It's also about reinforcing why it's important to you or what the benefits will be.

O

Opportunity

What are some opportunities to practice gratitude? i.e. I could do it first thing in the morning. I'll write in a journal. I'll get an app. I'll do it at night before bed.   I'll be grateful while walking my dog. Brainstorm at least 10 ways to practice gratitude.

M

Move

Look at your list of possibilities above. Identify 2 ideas that would lead toward your goal. Pick **one** and take action **today**! Remember, action creates momentum.

M

Measure

What are some ways you'll know, when you're practicing gratitude? i.e. I'll keep a journal. I'll mark it on my calendar. I'll tell my spouse each day. Then notice what's working? What's not?
Fine tune and keep going.

I

Involve

Involve others. Who could you be SHARE this practice with? Who would do it with you or help you be accountable? i.e. I'll ask my kids each night at dinner.

T

Take time

Take time to celebrate your success. Even one moment. Celebrate the small wins.

Remember, consistency is **KEY**.

Stay with it.

Don't give up. **COMMIT**.

Lidera
CONSULTING