

Gratitude Exercises

Incorporating moments of gratitude are important when building mental health skills and promoting inner peace. Follow the schedule of gratitude exercises to help improve your mental health.

Week	My Goal	
1		Day 1: Write a Thank You letter to someone who is important in your life. Day 2: Identify 3 things that you work hard for in your life. Day 3: Call a close family or friend, just to check in and chat. Day 4: Reflect. Record 3 things you are grateful for. Day 5: Balance imperfections about another with something you appreciate about him or her.
2		Day 1: Reflect. Record 3 things that make you proud. Day 2: Call a close family or friend, just to check in and chat. Day 3: Do something that you enjoy. Day 4: Write a Thank You letter to someone who is important in your life. Day 5: Visit a close friend or family member.
3		Day 1: Do something for yourself to make you smile. Day 2: Reflect. Record 3 more things you are grateful for. Day 3: Balance your personal imperfections with something you appreciate about yourself. Day 4: Do something to treat yourself. Day 5: Call a close family or friend, just to check in and chat.
4		Day 1: Call a close family or friend, just to check in and chat. Day 2: Write an Apology letter to someone who you have wronged in the past. Day 3: Visit a close friend or family member. Day 4: Reflect. Record 3 more things that make you proud. Day 5: Create a mantra to remind yourself to be grateful for yourself.