Gratitude List

Three good things a day, adding up.



WHY IT HELPS

A gratitude list records specific things you appreciated, with room to keep adding details over time. This free PDF has a running list, a weekly page and prompts for days when writing feels difficult.

HOW TO USE IT

Pick a time	Most people choose bedtime or first thing in the morning.
Write three things	Specific and from today if you can.
Add them to the running list	Keep numbering so the total grows.

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Small and specific counts.

Example: Sam's month

THREE DAYS

DAY	1	2	3
Mon	Woke up without a hangover	Finished the roof on time	Daughter called
Tue	Meeting at 7	Hot shower after work	My sponsor picked up
Wed	Hard day page: a warm bed	Hard day page: my dog	Hard day page: still sober

RUNNING TOTAL

84 lines in April. 28 of 30 nights.

NOTE

Read the list at my meeting. Month one had no people in it. Month seven is full of them.

My running list

LIST

NUMBER	I AM GRATEFUL FOR	NUMBER	I AM GRATEFUL FOR
1		31	
2		32	
3		33	
4		34	
5		35	
6		36	
7		37	
8		38	
9		39	
10		40	
11		41	
12		42	
13		43	
14		44	
15		45	
16		46	
17		47	
18		48	
19		49	
20		50	
21		51	
22		52	
23		53	
24		54	
25		55	
26		56	
27		57	
28		58	
29		59	
30		60	

CONTINUE

Print another page and start at 61.

This week

WEEK OF

DAYS

DAY	1	2	3
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Hard day list

PROMPTS

- [ ] One thing my body did today
- [ ] Someone who did not give up on me
- [ ] Something I have now that I did not have a year ago
- [ ] A basic need that was met today
- [ ] A small comfort
- [ ] Something I did not do that I could have regretted
- [ ] A person I can call
- [ ] A place I feel safe
- [ ] A skill that got me through today
- [ ] Something I am looking forward to
- [ ] Something I can see from where I am sitting
- [ ] An ordinary moment I appreciated

MY THREE

Gratitude list review

LINES THIS MONTH

THEMES I NOTICED

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.

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