

CU Educator Support Worksheet - Gratitude

When you meet your obstacles with gratitude, your perception starts to shift, resistance loses its power, and grace finds a home within you.

~Oprah Winfrey

Don't forget:

If you want to talk with someone about this worksheet, get other ideas, or just share your thoughts give us a call: Well-Being Support Line at 303-724-2500.

Questions to Consider:

1. In what ways do I already express my gratitude? _____
2. Do I believe I am worthy of gifts I receive? _____
3. How can I be open to the good things in my life? _____
4. In what ways am I grateful for the challenges in my life? _____
5. What things get in the way of being grateful? _____

Making Meaning with Gratitude:

One of the most powerful aspects of gratitude is that it can help to make meaning from difficult situations. Gratitude does not invalidate the challenges, but rather allows for growth and provides hope to find the silver lining. Thinking about this past year in particular, here are some questions to help make meaning out of an incredibly challenging situation.

1. Although the year was tough, was there anything that was surprisingly good, interesting, or unusual? _____
2. In what way did you experience growth from last year's challenges? How am I different now than I was a year ago? Two years ago? _____
3. What is something from last year that I may want to keep doing? _____
4. How did I keep going last year? What moved me forward? What made me want to return this year? _____
5. Can I incorporate the good things from last year? How do I nurture positive changes I have made to adapt? _____

Activities to try:

- Thank you note project – write a thank you note to someone each week
- keep a daily gratitude journal
- write down a list of blessings and keep them in a box; set a time to review
- participate in 100 days of gratitude on social media
- take a daily walk and acknowledge all the things you see and appreciate
- gratitude meditations
- body scan with gratitude – how am I grateful for what my body can do?
- transform apologies for gratitude (rather than, sorry for being late. say “thank you for waiting for me.”)
- simply saying the words, “Thank You”

