



Six short prompts to notice and savour what's already good, plus a list of extra prompts to take away and reuse.

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### 01 Settle in

How easy is it to notice good things today?



Really hard right now

Coming easily

One small good thing about right now, this minute:

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### 02 Three good things from today

The classic exercise, and the most useful. Write three things that went well, however small, and a word on why each one mattered or how it came about.

What went well

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Why it mattered, or how it happened

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### 03 A person I'm grateful for

Gratitude is strongest when it has a face. Pick one person, recent or from long ago.

Who, and what they did:

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Have I ever actually told them? If not, what would I say?

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### 04 Something ordinary I usually walk past

The everyday things we stop seeing precisely because they're always there, a warm shower, a working body, a quiet street, someone who texts back.

One ordinary thing I'd genuinely miss if it were gone:


### 05 A hard thing that also gave me something

This one is gentle, not forced. Not every difficulty has a silver lining, and you don't have to find one. But sometimes a tough stretch also taught, strengthened, or rearranged something for the better.

A difficulty that, looking back, also gave me something, and what that was:

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### 06 Savour one of them

Pick the entry above that has the most warmth in it, and slow down on it. Gratitude grows when you relive a good thing in detail rather than just listing it.

Replay it: where you were, what you saw and felt, why it stays with you.


## 07 Prompts to take with you

Tick these off over the coming weeks, one is plenty for a sitting. Variety keeps the practice from going stale.

- What made me smile, even briefly, today?
- Who has helped me get to where I am, and how?
- What do I have now that I once hoped for?
- What in my body or health am I glad of today?
- What small comfort would I miss most if it vanished?
- What's something about today I won't get to do forever?
- Who could I thank this week, and haven't?
- What went right that I had nothing to do with?

### When you're done, a moment to reflect

- Which entry carried the most actual warmth, not just the one you 'should' feel grateful for?
- Was anything harder to write than you expected, and what might that be pointing at?
- Who came up that you could genuinely thank this week?

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Free worksheet from [selfgrowth.org](https://selfgrowth.org). Free self-growth worksheets for real life.

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at [findahelpline.com](https://findahelpline.com). If you're in immediate danger, call your local emergency number.