

NAME: _____

DATE: _____

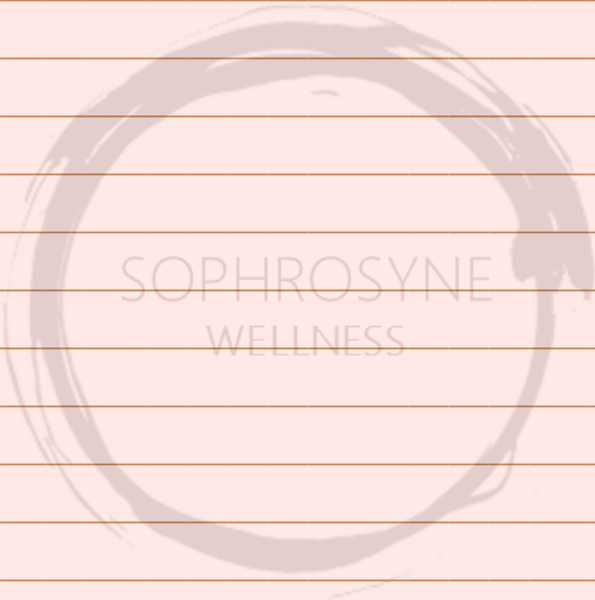
GRATITUDE CHECK-IN

Take a moment to check-in with yourself before and after completing this worksheet. Start by closing your eyes and sitting with both feet on the ground, placing your hands where they feel comfortable. Notice your breaths.

When you are ready, sit and write a minimum of 20 things you are grateful for - no matter how big or small. Sit and stay with it until you finish.

As an added challenge, I encourage you to use this worksheets during challenging times in your life. Sometimes when we are at our lowest point is when we need these reminders the most ♥

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20. _____



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GRIEF CHECK-IN

Take a moment to check-in with yourself before and after completing this worksheet. Start by closing your eyes and sitting with both feet on the ground, placing your hands where they feel comfortable. Notice your breaths.

Grief generally starts as shock or disbelief, and then goes through stages such as denial, bargaining, guilt, anger, depression, and acceptance/hope. Symptoms of grief can be emotional, physical, social, or religious in nature.

Opposite to a gratitude list is a grief list. At times, we grieve without realizing we are grieving. We may grieve the loss of a loved one, a pet, a way of life, a friendship... To help with the grieving process, write fluidly and with non-judgement about what you are grieving. It could be one thing or it could be 10. This allows you a safe space to unload all of the feelings and confusion that could be trapped inside of you. It also allows you to remain present and honest about what you're carrying. Let it out. Let it be messy. Let it be.



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2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
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9. _____
10. _____



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HONEST CHECK-IN

Time to get real. This is your own personal no-BS check-in.

Write down 20 things you love about yourself (easy-peasy) ♥

Then, write 10 things you want to improve (again- easy-peasy) ♥

DO NOT try to solve your improvements (this is the hard part) let them be.

Re-read all 20 things that you love out loud to yourself and begin by saying

"I am _____"

1. _____	1. _____
2. _____	_____
3. _____	2. _____
4. _____	_____
5. _____	3. _____
6. _____	_____
7. _____	4. _____
8. _____	_____
9. _____	5. _____
10. _____	_____
11. _____	6. _____
12. _____	_____
13. _____	7. _____
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16. _____	_____
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19. _____	10. _____
20. _____	_____
21. _____	_____

