

Daily Writing Worksheet

Gratitude: What am I grateful for today? List 5 things. Every day, try to list at least 2 new things.

Growth: What did I do today that I am proud of? If it is difficult to come up with something, this can be turned around to “What did I do today that was **good** or shows **a good quality** about myself?

Good: 2 good things that I witnessed in other people or that someone did for me. It has to be something that another person actually did, not something that you anticipate and it has to be in real life, and very concrete.

Giving: What did I do for others today? Suggestion: make the commitment to practice one daily act of kindness a daily. Consider it one of your daily goals. Higher level: do something kind for someone that you don't like. Make it anonymous.

Glitches: What did not go well today? **Gains from glitches:** Since the goal of the writing is to develop an attitude of gratitude and an ability to look for the good in all situations even when they appear bad, one needs to also write: **What did you gain from the glitch? What was the positive aspect of this difficulty?**

Goals: What are my goals for tomorrow? The goals have to be **S.M.A.R.T.** goals
S.M.A.R.T.: Simple, Measurable, Attainable, Realistic and Timely.