# Skill-Building Challenge Worksheet: Practicing Healthy Behaviors Gratitude

Name: Blank Class: Blank Date: Blank

Having gratitude doesn’t necessarily just happen. We have to practice it and make it a choice if we want to experience it. Many people find that being increasingly grateful provides them with optimism as well as eases the burden of managing their own anxieties. Review the strategies in the Practicing Gratitude section and also think about other ways that you might practice having gratitude. Identify two options that might work for you. Try out each strategy for at least one week and then reflect on the following questions.

**1.** Which strategies did you choose and why? Would you make a different choice now? Explain your response.

**2.** What were the short-term benefits of doing the behaviors you chose? How did being grateful make you feel, and did it change the way others respond to you?

**3.** What are some potential long-term benefits of gratitude? Identify as many as you can.