

GRATITUDE WORKSHEETS

10 BIBLICALLY-INFORMED AND RESEARCH-BASED EXERCISES



SPIRITUAL FIRST AID

Spiritual First Aid
Wheaton, Illinois
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DAILY THANKS

Taking time each day to thank God for three specific blessings—whether big or small—can renew your heart and mind. Focusing on things you are thankful for can help shift your mindset to a more positive outlook. Studies have also shown that gratitude can help reduce stress, anxiety, and depression.

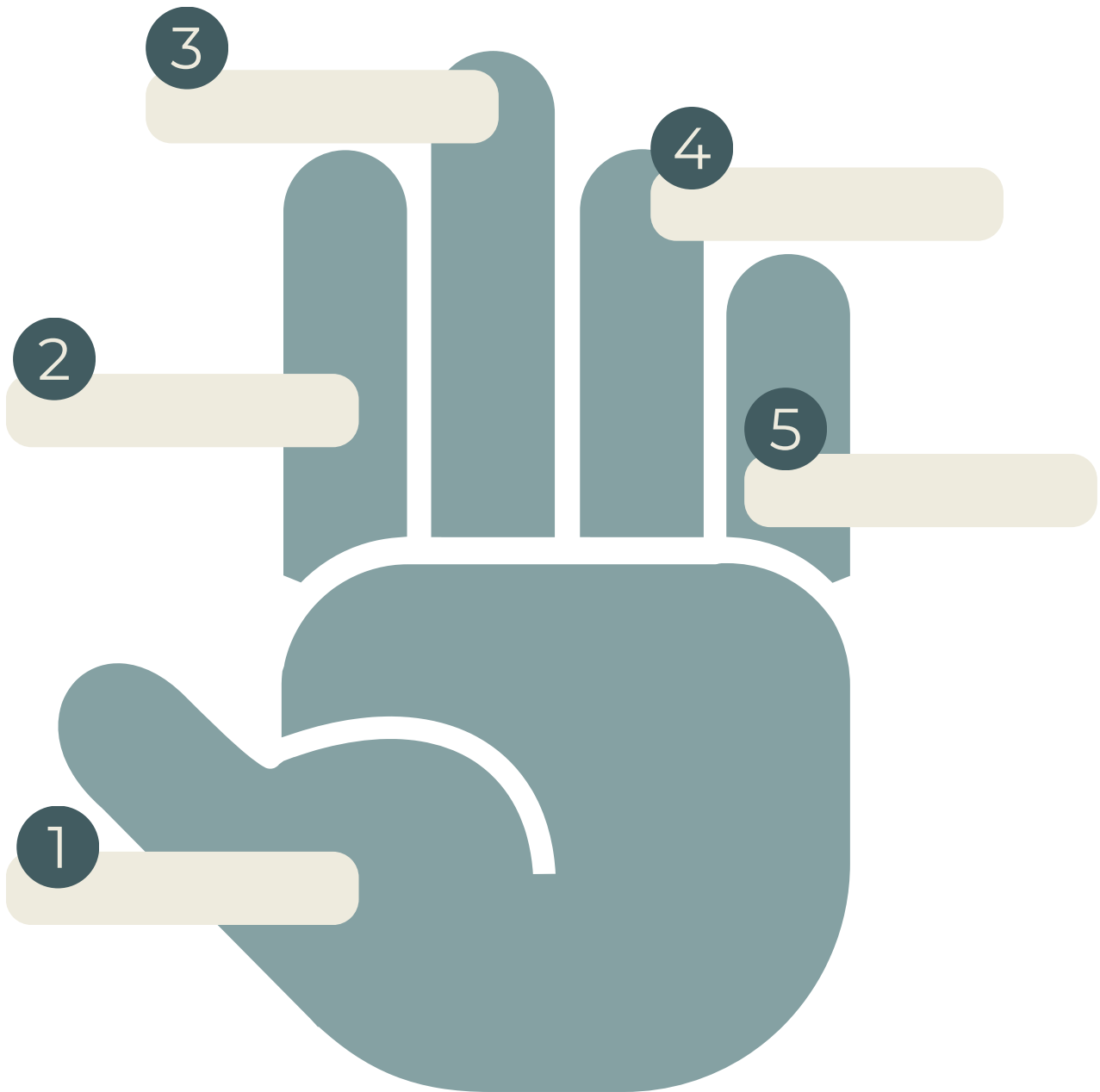
DAY	1	2	3
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

***“Always giving thanks to God the Father for everything,
in the name of our Lord Jesus Christ.”***

- Ephesians 5:20

HAND OF GRATITUDE

Reflect on five things in your life for which you're truly thankful. Write them down, perhaps using the outline of a hand, and consider doing this regularly (e.g., in the morning, at night, or whenever facing challenges). Developing a habit of gratitude aligns with 1 Thessalonians 5:18, which reminds us, "Give thanks in all circumstances; for this is God's will for you in Christ Jesus." This practice can bring peace and joy, grounding you in God's blessings every day.



***"Give thanks to the Lord, for he is good;
his love endures forever."***

- Psalm 107:1

THE GRATEFUL LIFE

To begin, take a moment to pause, breathe deeply, and focus on God's presence. Write down at least 10 things you are currently thankful for in your life. Take a moment to reflect on each and note why you are grateful for it, acknowledging God's goodness in your life. When complete, reflect on your list and how it makes you feel. If you feel led to, share it with someone you trust or keep it somewhere visible as a daily reminder of God's goodness.

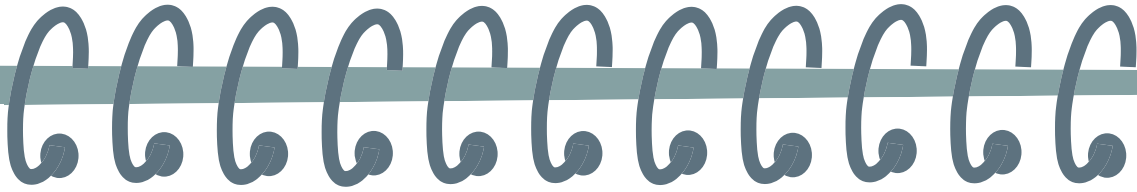
#	I am grateful for...	Why am I grateful for this?
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

"Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

- 1 Thessalonians 5:18

GRATITUDE PROMPTS

This worksheet offers 18 gratitude prompts designed to inspire daily practices that help us recognize God's blessings, lift our spirits, and cultivate a heart of joy and contentment, even in the midst of life's challenges.



- What's one area of your life where you've seen God's faithfulness recently?
- What's something that you're thankful for in your daily routine?
- What's one way that someone has shown you kindness recently?
- What's something that made you smile today?
- Who's someone you appreciate and why?
- What's one good thing that happened this week?
- What's one thing in nature that you find beautiful?
- What's one thing you're grateful to have learned?
- What's one thing that you're thankful for in your home?
- How has God provided for you in a way that you didn't expect or imagine?
- What's one thing you're grateful for in your community?
- What's one goal you've achieved recently that you're grateful for?
- What's one thing that you're thankful for in your church?
- What's one memory that you're grateful for?
- What's one aspect of your health that you're thankful for?
- What's one thing you're grateful to have in your career?
- What's one quality in yourself that you're grateful for?
- What's one way you've been able to overcome a challenge?

***"Give thanks to the Lord, for he is good;
his love endures forever."***

– 1 Chronicles 16:34

THE GRATITUDE JAR

Fill your gratitude jar with notes of all the things you are grateful for and the gifts God has given you. Write them down as they come to mind. Whenever you need encouragement, take a moment to review your jar and reflect on God's goodness in your life.



***“I will give thanks to you, Lord, with all my heart;
I will tell of all your wonderful deeds.”***

– Psalm 9:1

GRATITUDE JOURNALING

Keeping a gratitude journal can be a powerful way to renew your heart and mind, strengthen your relationships, and enhance your well-being. By focusing on God's blessings and the good things He's provided, you can cultivate a spirit of joy, thankfulness, and contentment that uplifts your mood and outlook. Here are 5 tips to help you begin your own gratitude journal:

1

Write down things you're grateful for every day. This can be as simple as a good cup of coffee or as complex as a meaningful relationship.

2

Be specific in your gratitude entries. Instead of just writing "family," consider writing something specific that you appreciate about each member of your family.

3

Make gratitude journaling a part of your daily routine. Whether you do it in the morning, at night, or during a break in the day, consistency is key to seeing the benefits.

4

Focus on the feelings of gratitude as you write. Visualize the thing you're grateful for and allow yourself to fully experience the positive emotions that come with it.

5

Don't take anything for granted. Consider how your life would be different without the things you're grateful for, and let that perspective enhance your sense of appreciation.

"I thank Christ Jesus our Lord, who has given me strength."

– 1 Timothy 1:12

GIVING THANKS

In this worksheet, you'll have the chance to thank someone who has blessed your life by writing them a letter. Think of someone you're truly grateful for, be specific about what you appreciate, and consider sharing your letter with them in person or by mail. Taking time to express gratitude can strengthen your joy, deepen your sense of well-being, and build meaningful connections in Christ.



***“I always thank my God for you because of his grace
given you in Christ Jesus.”***

– 1 Corinthians 1:4

GRATITUDE TRACKER

Each day, take a moment to reflect on something God has blessed you with—a person, place, experience, or small joy. Then, color in one section of the wheel as a way to mark your gratitude to God that day. As you continue this practice, you'll see the wheel fill up with color, a beautiful reminder of God's abundant goodness and faithfulness in your life.

The image shows a circular gratitude tracker wheel. The wheel is divided into 31 equal segments, each representing a day of the month. The segments are numbered from 1 to 31, starting from the top and moving clockwise. The numbers are: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31. In the center of the wheel, the text "Each Day I Am Grateful" is written in a bold, dark blue font. The wheel is currently empty, ready to be filled with color.

Month: _____

"Thanks be to God for his indescribable gift!"

– 2 Corinthians 9:15

GRATEFUL HEART QUIZ

Reflect on the gifts God has provided in your life and build a habit of gratitude. Focusing on the good things He has placed around us and giving thanks can greatly impact our well-being, relationships, and outlook, helping us view life through a lens of His grace and care.

How often do you express gratitude towards the people in your life who have made a positive impact on you?

A. Never

B. Sometimes

C. Often

When faced with a difficult situation, how often do you try to find something positive/helpful about the experience?

A. Never

B. Sometimes

C. Often

How often do you appreciate and savor small moments of happiness, such as a beautiful sunset or a good cup of coffee?

A. Never

B. Sometimes

C. Often

How often do you acknowledge your own strengths and accomplishments and give yourself credit for them?

A. Never

B. Sometimes

C. Often

How often do you take a moment to appreciate the beauty and wonder of the natural world around you?

A. Never

B. Sometimes

C. Often

How often do you reach out to someone in need or offer your support to a friend or family member?

A. Never

B. Sometimes

C. Often

How often do you express gratitude towards yourself, recognizing your own efforts, self-care, and progress?

A. Never

B. Sometimes

C. Often

How often do you find ways to give back to your community or to a cause that you care about?

A. Never

B. Sometimes

C. Often

“And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.”

– Colossians 3:17

Mental health is complex. Helping doesn't have to be.

BIBLICALLY-INFORMED

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TRAUMA-INFORMED

Spiritual First Aid is a frontline peer-to-peer spiritual and emotional care intervention structured around our proven BLESS CPR framework.

When a friend approaches you with a crisis, do you experience...

- Uncertainty in what to say
- Missing signs of emotional struggles
- Personal burnout
- Hesitation in crucial moments
- Misinterpreting situations as trauma
- Compassion fatigue

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