

Quick Shot of Gratitude Worksheet:

*True Example: I am arranging a Shabbaton for the children in my Special Ed workplace, and so many things are going wrong. I am so stressed.*

*How many things can I find to be grateful for in the actual problem?*

- 1. I have a job! TYH. So many people don't. I am so grateful. I could just as easily be stuck at home all day.*
- 2. I don't have special needs.*
- 3. I am capable of arranging events.*
- 4. I am alive.*
- 5. I have such an amazing job where I can make a real difference in the lives of special children.*
- 6. Most things are working out about the Shabbaton, there's only a few bumps that have to be figured out.*

Write the problem. Add in as many details as you can.

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Read it over and see how many things you can be grateful for in the actual problem. Be creative.

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Enjoy the injection of positivity however small it might be!