

I am
grateful
for

GRATITUDE WORKSHEET



DISCOVER YOURSELF
NEVER GIVE UP

By Gargi Arya

GRATITUDE SETS THE TONE OF YOUR DAY

Each day, in the morning, ask yourself these questions

Q.1 Make a daily goal for yourself.

Ans1. -----

Q.2 What am I willing to give to others today?

Ans2. -----

Q.3 Ten things for which I am grateful?

Ans3. -----

Q.4 What am I grateful for that someone else does for me?

Ans4. -----

Q.5 What am I happy about right now?

Ans5. -----



GARGI ARYA

Motivational Speaker of AdJOA HTC and author of the book 'The Lion Hearted Soul'

Go after the life you want.
Productivity | Motivation | Self love | Full time Freedom

I am Gargi Arya, the motivational speaker of ADJOA HTC and author of the book 'The Lion - Hearted Soul'. I am 14 years old. I study in 10th grade in Ryan International School, Ghaziabad.

To me, writing is just my thoughts flowing from my mind to the tips of my fingers and painting the pages of my precious diary. Let the power of selflove reinvent yourself to create your dream life! You are an inventive, just you need the incentive.

The intention is to inspire and align people to live more purposeful lives by helping them discover their biggest area of contribution to the world. For more free resources, you can visit gargiarya.weebly.com

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