

Appreciation Chart Worksheet

Make appreciation a part of your daily routine.

Things to do	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appreciating family time E.g Had evening tea with your family							
Appreciating your loved ones E.g talked with a friend on phone call							
Appreciating yourself E.g Had lunch in your favourite restaurant alone or take yourself to shopping							
Taking care of yourself E.g exercise , eat healthy, drink lots of water							
Each day, write one thing from which you are proud of yourself							
Each day, think of one thing you are grateful for in your life							