

## Gratitude worksheets for adults in recovery PDF

Write down five things that you are grateful for:

- 1.
- 2.
- 3.
- 4.
- 5.

Write down five strengths that will help you on the way to recovery:

- 1.
- 2.
- 3.
- 4.
- 5.

Who can help you during the process of recovery?

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Write down the good things you have done in your life, or whatever you have achieved in your life.

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