



Gratitude Checklist

Sometimes it can be helpful to think about all of the things that we are grateful for in life, no matter how big or small! We might be grateful to pat our dog, drink a tea, or have a nice conversation with someone. List all of those things that you are grateful for.

Five things that I am grateful for:

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

Four places that I love to go to:

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

LETSS

Lived Experience Telephone Support Service

1800 013 755

Webchat: letss.org.au

Three people I can count on

- 1.
- 2.
- 3.

Two things I worked hard to achieve

- 1.
- 2.

One thing that is going well right now

- 1.

Three things to look forward to:

- 1.
- 2.
- 3.