

Passive vs Active Gratitude Worksheet

Gratitude can be passive or active. Both are welcome. Passive gratitude refers to what is already there, for which you are grateful: the weather, your pets, your neighborhood, and your company. Active is what you do. Practice turning passive gratitude (when possible) into active gratitude. Below are examples, followed by space to create your own. Passive gratitude can help to build confidence and gratitude.

Practice turning your passive statements into active ones.

Passive – It is

Grateful for the weather.

Grateful for my team.

Grateful for coffee.

Active – I did something

I am grateful I went outside and took a walk in the nice weather today.

I am grateful I thanked Jenna today for reviewing the proposal.

I am grateful I took five minutes to enjoy a cup of coffee before the meeting.

Passive (Your words)

Active (Rewritten)