

Gratitude Time Challenged Worksheet

Use these short gratitude practices when time is limited. Read the example, then write your own version for each time frame.

30 seconds – Shift to gratitude.

Example: Take a deep breath and think of one thing you're grateful for right now—a sip of water, a smile, the fact that you're breathing.

I can _____

I can _____

1 minute – Ask and listen.

Example: Ask someone near you, "What's one thing you're grateful for today?" Then listen to connect and grow gratitude.

I can _____

I can _____

2 minutes – Watch a Ted Lasso clip.

Example: Watch an inspiring or funny 2-minute video clip, babies laughing, pets, or Ted Lasso.

I can _____

I can _____

5 minutes – Do a quick gratitude journal page.

Example: Set a timer and list everything that comes to mind without overthinking.

I can _____

I can _____

If possible, combine these with activities you already do—while brushing your teeth, waiting for your computer to boot up, standing in line, or waiting on hold. Tiny pockets of time add up to a powerful practice.

Remember, gratitude isn't about finding hours; it's about finding moments. Every second you choose gratitude is a second that strengthens gratitude.