

# 7 Days of Gratitude Rules

Geek  
Therapy  
Version

1. Pick a Set Time at the End of the Day to Fill Out This Sheet.
2. Write Down Two Things Specific to This Day That You Are Grateful For.
3. Write Down Why.
4. No Matter How Small It Needs to Be Look for it and Write it Down.
5. If You Are Struggling to Find Something. Do Something Right Now that Feels Good.



THE  
THERAPEUTIC  
WORKSHOP

## Day #1

1. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

Got to Play a New Game With My Friends!

Because ...

2. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

Started Watching That Show I've Been So Excited to See!

Because ...

## Day #2

1. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

Got to the Next Level

Because ...

2. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

Organized My Collection

Because ...

## Day #3

1. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

Got To See That New Movie

Because ...

2. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

Set A Day For The Next Game Night

Because ...

## Day #4

1. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

\_\_\_\_\_ *Got To Paint Some Minis* \_\_\_\_\_  
Because ...  
\_\_\_\_\_

2. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

\_\_\_\_\_ *Started That Book!  
Finished That Book!  
Got to Read That Book!* \_\_\_\_\_  
Because ...  
\_\_\_\_\_

## Day #5

1. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

\_\_\_\_\_ *Found The Perfect Piece For My Cosplay* \_\_\_\_\_  
Because ...  
\_\_\_\_\_

2. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

\_\_\_\_\_ \_\_\_\_\_  
Because ...  
\_\_\_\_\_

## Day #6

1. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

\_\_\_\_\_ *That Funny Meme Really Made Me Laugh!* \_\_\_\_\_  
Because ...  
\_\_\_\_\_

2. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

\_\_\_\_\_ *Geeked Out With My Friends!* \_\_\_\_\_  
Because ...  
\_\_\_\_\_

## Day #7

1. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

\_\_\_\_\_ *Got To Eat My Favorite Retro Candy / Snack From Childhood* \_\_\_\_\_  
Because ...  
\_\_\_\_\_

2. I am grateful for.. I appreciate that...It was fun when... It was nice to ...

\_\_\_\_\_ *Made Some New Friends Online* \_\_\_\_\_  
Because ...  
\_\_\_\_\_