

# Wake Up Pray Up Boss Up Podcast

## Episode 5: The Power of Gratitude!

**"Gratitude is a powerful tool that can transform your mindset, strengthen your relationships, and improve your mental health. Use this worksheet to explore how gratitude impacts your life and learn simple ways to practice it every day!"**

### Section 1: Understanding Gratitude:

**Why Gratitude?**

**How has practicing gratitude impacted your life in the past?**

---

---

---

---

**Gratitude and Mental Health.**

**Write about a time when focusing on gratitude helped shift your mood or mindset:**

---

---

---

---

## Section 2: Practicing Gratitude:

### Tip 1: Start a Gratitude Journal!

List three things you are grateful for today:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Tip 2: Express Your Gratitude!

Write a thank-you message to someone who has made a difference in your life:

Dear \_\_\_\_\_,

I am so thankful for \_\_\_\_\_.

Your impact on my life has been \_\_\_\_\_.

I appreciate you more than words can say. Thank you for

\_\_\_\_\_.

Sincerely,

\_\_\_\_\_

### Tip 3: Focus on What You Can Control!

Reflect on this verse: "This is the day that the Lord has made; let us rejoice and be glad in it." (Psalm 118:24)

What is one thing you can focus on today that is within your control?

---

---

---

### Section 3: Gratitude in Action:

#### 1. Family and Relationships:

Write down one way you will show gratitude to a family member during the holidays:

---

---

#### 2. Handling Stressful Situations:

What's one way you can remain grateful even when things feel overwhelming?

---

---

#### 3. Daily Gratitude Challenge:

Commit to one act of gratitude for the next 7 days. Check off each day you complete it!

- Day 1
- Day 2
- Day 3
- Day 4
- Day 5
- Day 6
- Day 7

## Section 4: Gratitude Reflection:

1. How do you feel after completing this worksheet?

---

---

2. What's one insight you gained about gratitude?

---

---

## Conclusion

**"Thank you for taking time to reflect on gratitude today. Remember, the more you practice gratitude, the more joy and peace you'll invite into your life. Keep this worksheet handy and revisit it whenever you need a reminder to focus on the blessings around you!"**

**Margi Nazario Ruiz**  
Certified Professional Life Coach

✉ margi@margiruiz.com  
🌐 margiruiz.com

MARGI RUIZ  
WAKE UP + PRAY UP + BOSS UP  
Gp6

CPLC  
ICF  
Member  
Society of Professional Coaches