Gratitude in Action

by Kalika

WORKSHEET

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Gratitude doesn't end with Thanksgiving. It's a daily practice that helps entrepreneurs see possibilities, strengthen relationships, and stay grounded in their values.

Use this worksheet to bring gratitude into your work in meaningful and practical ways.

Step 1. Reflect on Your Week

Write down three things that went well in your business this week. Be specific:

1. _____

2. _____

3. _____

Step 2. Share Gratitude with Others

Think of someone who made a positive impact on your business this week. How can you express your gratitude to them? Write your plan below:

_____

_____

_____

Step 3. Gratitude for Challenges

Think of a recent challenge or setback. What did you learn from it? How has it helped you grow as an entrepreneur?

_____

_____

_____

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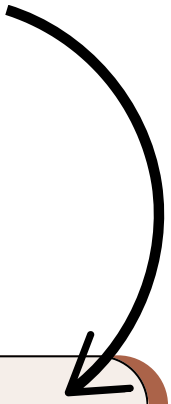
Step 4. Gratitude for Yourself

List one thing you appreciate about yourself as an entrepreneur. Reflect on how this quality supports your growth and success.



Gratitude is a practice that brings focus and positivity to your entrepreneurial journey.

By making it a daily habit, you'll strengthen relationships, deepen your resilience, and discover new opportunities along the way.

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"Gratitude is not only the greatest of virtues,

but the parent of all others."

— CICERO

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