

The G.L.A.D. Technique Worksheet

What is the G.L.A.D. Technique?

The G.L.A.D. Technique is a daily mental wellness practice that helps you shift your focus to positive experiences by reflecting on four key areas:

- Gratitude
- Learning
- Accomplishment
- Delight

Use this worksheet daily to develop a more positive and mindful outlook on life.

How to Use the Worksheet

Take a few minutes each day-preferably in the evening-to fill in the following prompts. You can print and store these pages in a journal or folder for future reflection.

Daily Worksheet

Today, I am grateful for: _____

Today, I learned: _____

Today, I accomplished: _____

Today, I was delighted by: _____

Sample Entry

Today, I am grateful for: the beautiful sunrise I saw on my way to work.

Today, I learned: that the International Space Station circles the Earth every 90 minutes.

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Today, I accomplished: preparing and cooking a healthy meal for my family.

Today, I was delighted by: the delicious coffee I had on my morning break.