



Daily Gratitude List

A free recovery resource from Stepwise Recovery

Free to download, print and share

STEPWISE RECOVERY

Daily Gratitude List

A one-page daily practice for recovery

Gratitude is one of the simplest tools in recovery, and one of the most reliable. A few honest lines a day retrains attention away from what is missing and toward what is holding. Print a copy for each day, or keep one by your bed.

Today

Date: _____

Three things I am grateful for today

- 1. _____
- 2. _____
- 3. _____

One person who helped me, and how

- _____

One thing about my recovery I am grateful for

- _____

One small thing I nearly missed

- _____

Using this list well

Write it at the same time each day so it becomes an anchor — last thing at night works well alongside a nightly inventory. Be specific: "the first mug of tea in a quiet kitchen" does more than "my home". On hard days, lower the bar rather than skipping; on those days one honest line counts double. If you

keep your lists, re-read a week of them whenever recovery feels flat.

Keep going — you're not alone

This resource is one of a full library of free tools, worksheets and reading at **stepwiserecovery.com/resources** — take what helps and leave the rest. These tools are designed to sit alongside fellowship programmes, meetings and sponsorship — never to replace them.

The Stepwise Recovery Guides

Substance-specific recovery guides written by people who've recovered — for cocaine, ketamine, families, young people, and children. Free preview chapters, no email required, at **stepwiserecovery.com/guides**

Our 1-in-10 Pledge

For every ten guides sold, we donate one to someone who can't afford it — through treatment centres and prison recovery programmes.

Need help right now?

Samaritans: 116 123 (free, 24 hours) · FRANK: 0300 123 6600

Narcotics Anonymous UK: 0300 999 1212 · SHOUT: text 85258

Childline (under 19s): 0800 1111 · Nacoda: 0800 358 3456