

# 10 10 10 Worksheet

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Gender: \_\_\_\_\_ Date: \_\_\_\_\_ dd / mm / yyyy

Instructions: The 10-10-10 Worksheet is designed to help you explore and enhance your overall wellbeing by focusing on three essential aspects of your life: desires, gratitude, and enjoyment. Take some quiet time to reflect on these areas and complete the worksheet honestly.

## 10 THINGS YOU DESIRE

These can be short-term or long-term goals, personal aspirations, or anything that holds significance for you.

10 things you desire

## 10 THINGS YOU ARE GRATEFUL FOR

These can be simple or profound, focusing on both the big picture and smaller, everyday joys.

10 things you are grateful for

## 10 THINGS YOU ENJOY DOING

These can be activities that you used to enjoy or new pursuits you want to explore.

10 things you enjoy doing