




GRAPES Worksheet 1: Exploration challenge

Name (optional): _____ Start date: _____ End date: _____

Instructions: Complete at least one activity under each GRAPES category this week. Check off the tasks you complete and jot down a brief note about your experience.

Gentle to self: Self-compassion tasks	
	<ul style="list-style-type: none">• Write a letter to yourself as if you were comforting a friend.• Take a 15-minute break to do absolutely nothing and allow yourself to just “be.”• List 3 things you appreciate about yourself and say them out loud. <p>Notes</p>
Relaxation: De-stress tasks	
	<ul style="list-style-type: none">• Try a 5-minute guided meditation or breathing exercise.• Light a candle or play soothing music while doing something calming.• Spend 10 minutes in a quiet space with no distractions. <p>Notes</p>
Accomplishment: Achievement tasks	
	<ul style="list-style-type: none">• Set a timer for 10 minutes and tackle a small task you've been procrastinating.• Celebrate a win from this week by treating yourself to something you enjoy.• Learn something new: watch a tutorial, read a new article, or try a skill. <p>Notes</p>

Pleasure: Joyful tasks



- Watch your favorite movie, show, or a funny video.
- Treat yourself to your favorite food or drink mindfully, savoring every bite/sip.
- Spend 15 minutes doing something purely for fun, like drawing or dancing.

Notes

Exercise: Movement tasks



- Take a walk outside and focus on the sights, sounds, and smells around you.
- Stretch for 5-10 minutes, focusing on how your body feels.
- Put on a song you love and dance around like no one's watching!

Notes

Social: Connection tasks









- Reach out to someone you haven't spoken to in a while and say hello.
- Spend time with a loved one doing something you both enjoy.
- Join an online or in-person group with shared interests (e.g., a hobby group).

Notes

GRAPES Worksheet 2: Story builder

Name (optional): _____

Instructions: Create a short story about yourself as the main character using the prompts below. Each GRAPES element represents a different “chapter” in your story. Be as creative or realistic as you’d like!

	<p>Chapter I: Gentle to self</p> <p>The main character faced a challenge but treated themselves with kindness. What happened, and how did they show compassion to themselves?</p>
	<p>Chapter II: Relaxation</p> <p>A peaceful moment helped the character feel calm and centered. What was this moment, and how did it change their day?</p>
	<p>Chapter III: Accomplishment</p> <p>The main character achieved something they were proud of. What did they accomplish, and how did it make them feel?</p>
	<p>Chapter IV: Pleasure</p> <p>The character experienced joy or fun in an unexpected way. What activity or moment made them smile?</p>
	<p>Chapter V: Exercise</p> <p>Moving their body gave the character renewed energy. What did they do, and how did it improve their mood?</p>
	<p>Chapter VI: Social</p> <p>A meaningful interaction added warmth to their story. Who did they connect with, and why was it meaningful?</p>

GRAPES Worksheet 3: Mood tracker

Name (optional): _____ Start date: _____ End date: _____

Instructions: Each day, note your mood using a scale from 1 to 10 (1 = very low, 10 = very high). Check off the GRAPES elements you practiced and add a brief note about what stood out to you or how it made you feel.

Day	Mood (1-10)	GRAPES elements I engaged with		What stood out today
Monday		Gentle to self	Relaxation	
		Accomplishment	Pleasure	
		Exercise	Social	
Tuesday		Gentle to self	Relaxation	
		Accomplishment	Pleasure	
		Exercise	Social	
Wednesday		Gentle to self	Relaxation	
		Accomplishment	Pleasure	
		Exercise	Social	
Thursday		Gentle to self	Relaxation	
		Accomplishment	Pleasure	
		Exercise	Social	
Friday		Gentle to self	Relaxation	
		Accomplishment	Pleasure	
		Exercise	Social	
Saturday		Gentle to self	Relaxation	
		Accomplishment	Pleasure	
		Exercise	Social	
Sunday		Gentle to self	Relaxation	
		Accomplishment	Pleasure	
		Exercise	Social	

At the end of the week, review your mood and GRAPES engagement.

Which elements had the biggest positive impact on your mood?

What's one element you'd like to focus on more next week?