

NAME

DATE

GRATITUDE

* * 7 Days of Gratitude *

Gratitude is a powerful way to experience more joy and fulfilment in life. Psychologically, our brains naturally distort, delete and generalise our memories and perceptions of the world. We can choose to focus our energy on the things that bring us joy and the things we are grateful for and as we make this a habit, we will be more likely to notice these parts of our lives naturally in the future. The space below lists some examples of things you might choose to focus your energy on. **For 7 days choose one element of your life each day to focus your energy on (you can choose from the list or you can pick your own). Bring your awareness to this in the morning first thing when you wake up and notice all the ways this element of your life serves you throughout the day. The goal is to feel more aware of what blessings you already have and bring your attention to your gratitudes each day.**

- Your body
- Your mind
- Your loved ones
- Your physical blessings/objects (i.e. your home, car, food etc.)
- Nature/your environment
- Your work
- Your opportunities (past, present or future)

* What is the aspect of your life you are choosing to feel gratitude for today?

* What are some ways that this element of your life serves you daily?

* How did it serve you today? What about this element were you grateful for today specifically?

* What was the best part about your day today? It could be related to your gratitude or unrelated.
