



7-Day Gratitude Practice

THIS WORKBOOK PROVIDES A 7-DAY GRATITUDE PRACTICE FOR EXPATS. IT HELPS YOU NOTICE WHAT IS WORKING IN YOUR LIFE, EVEN IN STRESSFUL OR UNFAMILIAR CIRCUMSTANCES, CALM YOUR NERVOUS SYSTEM, AND GRADUALLY BUILD RESILIENCE. EACH DAY INCLUDES A MORNING GRATITUDE PRACTICE AND AN EVENING REFLECTION QUESTION, DESIGNED TO GUIDE YOU THROUGH LIFE ABROAD WITH AWARENESS, SELF-CARE, AND GROUNDED STRENGTH.

Instructions Daily Exercises to Build Resilience and Calm Your Nervous System

Morning Practice – Gratitude (about 10 minutes)

Start your day by grounding yourself in **presence, safety, and awareness** — even if everything around you feels unfamiliar or stressful.

“I am grateful for...”

Notice what is present in your life — people, small comforts, opportunities, or moments that give you stability. This isn't about pretending everything is perfect; **it's about finding steadiness even when life is challenging.**

Example:

- I am grateful for the friendly local shop staff who helped me today.
- I am grateful for finding a quiet corner to breathe in the morning.

“I appreciate...”

Focus on yourself: your efforts, your adaptability, and your courage. Appreciate **small actions that keep you moving forward**, even if the day feels hard.

Example:

- I appreciate that I managed to communicate despite language barriers.
- I appreciate my patience with myself while adjusting to new routines.

Tip: Take 5–10 minutes in the morning. Notice what you write, feel it, even briefly. Small things count. This practice gently signals to your nervous system that you can handle life's challenges, even when it feels unfamiliar.

Evening Reflection – Mind Shift (about 10 minutes)

At the end of the day, if you have a few minutes, look back at your day. Answer the **reflection question** for that day.

Reflection **integrates your morning practice** and shows you how gratitude influenced your day.

Reflection is about noticing...

- Small wins, moments of calm, or choices you made that support your well-being.
- How your **thoughts, actions, or awareness shifted your energy** or mindset.
- Patterns, lessons, or insights — without judgment or pressure.

 **Tip:** Even a single sentence can **create a meaningful shift** in your nervous system and help you end the day with a **calmer, steadier, more resilient mindset**.

Remember: it's okay to feel frustrated, sad, or overwhelmed. This practice isn't about forcing happiness; it's about finding grounding, noticing what works, and strengthening your ability to act consciously and with awareness. Over time, you build resilience, confidence, and clarity, even in a foreign country.

Day 1

Gratitude Checklist: (morning)

- I am grateful for.....
- I appreciate.....
- Something I am looking forward to today.....

Reflection Question: (end of day)

What is one small win or act of resilience I noticed in myself today, despite challenges abroad?

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Day 2

Gratitude Checklist: (morning)

- I am grateful for.....
- I appreciate.....
- Something I am looking forward to today.....

Reflection Question: (end of day)

How did noticing gratitude today help me feel a bit more grounded or capable in this new environment?

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Day 3

Gratitude Checklist: (morning)

- I am grateful for.....
- I appreciate.....
- Something I am looking forward to today.....

Reflection Question: (end of day)

What is one challenge I faced today as an expat, and what did I learn about myself from it?

Day 4

Gratitude Checklist: (morning)

- I am grateful for.....
- I appreciate.....
- Something I am looking forward to today.....

Reflection Question: (end of day)

What is one act of kindness I experienced or gave today, even in a small way?

Day 5

Gratitude Checklist: (morning)

- I am grateful for.....
- I appreciate.....
- Something I am looking forward to today.....

Reflection Question: (end of day)

Which moment today gave me a sense of calm, clarity, or control despite challenges?

Day 6

Gratitude Checklist: (morning)

- I am grateful for.....
- I appreciate.....
- Something I am looking forward to today.....

Reflection Question: (end of day)

How did noticing gratitude today help me shift my energy, mindset, or perspective?

Day 7

Gratitude Checklist:(morning)

- I am grateful for.....
- I appreciate.....
- Something I am looking forward to today.....

Reflection Question: (end of day)

What positive habits, insights, or small victories from this week do I want to continue while living abroad?

As you finish this gratitude practice, take a moment to notice how you feel — even if the shift is subtle.

“Even in a life far from familiar, you can find moments of balance. Pause, notice your experience, and breathe — this is your space to reconnect with yourself.”

Gratitude is **not about pretending everything is perfect**.
It's about finding **steadiness and safety, even in uncertainty**.

You can return to this practice anytime you feel overwhelmed, exhausted, or disconnected.
The calm, clarity, and awareness you accessed here isn't something you created — it's something you remembered.

Be gentle with yourself as you continue your journey.
You're doing better than you think.

Each day you practice, you **strengthen your resilience, reclaim your mindset, and learn that you are capable of creating change in your life**, even abroad.



“Created by Silvie – Resilient Mind”