

we need to actively shift our brains in  
a positive direction to balance out its  
tendency to hold on to the negatives.



# *Gratitude*

is the single most  
important ingredient to living a  
*successful and fulfilled* life

- Jack Canfield

## **| GRATITUDE BOOKENDS**

**Practice gratitude as the first thought  
in the morning**

**e.g. “Thank you for this day, this life,  
this breath”**

**and as the last thought at night**

**“Thank you the opportunity to learn  
more lessons today, for this cozy bed  
and the chance to sleep deeply.”**

## | GRATITUDE REFRAME

**Challenge yourself to turn any unfortunate situation into an opportunity to be grateful or to learn and grow:**

- . *Catch a cold?* → I'm grateful for my body's ability to heal itself, medicine, a doctor, tea/soup, sick days, ...**
- . *Work stress?* → I'm grateful to have a job, sense of purpose, ability to be productive, money...**

**. *Kids misbehaving?* → I'm grateful to have children, the ability to shape another human's life in a positive way...**

*Giving Thanks in All  
Circumstances*



*ThankfulHomemaker.com*

# # GRATITUDE JOURNAL

Take a few minutes each day writing down 3 things you're grateful for.





# #GRATITUDE A-Z

## GRATITUDE A-Z

**A**bility, animals, art  
**B**edroom, body, books  
**C**lothes, creativity, celebrations  
**D**ancing, dreams, doctors  
**E**nvironment, electricity, entertainment  
**F**amily, friends, food, freedom  
**G**randparents, gifts, good times  
**H**ome, humour, hiking, health  
**I**nstrument, internet, ideas  
**J**oy, jabs, jokes  
**K**indness, knowledge, keepsakes  
**L**aughter, learning, love  
**M**ind, memories, movies, music  
**N**ature, now, neighbours  
**O**utdoors, opportunities  
**P**et, parents, peace,  
**Q**uiet, questions, quandaries  
**R**ecycling, relaxation, reading  
**S**unshine, smiles, surprises  
**T**oys, technology, travel  
**U**niqueness, uninterrupted moments, universe,  
**V**ehicles, vacations, valuable items  
**W**alking, water, wishes  
**X**, eXciting moments, eXercising, eXperiences  
**Y**es, youth, yoga,  
**Z**zz (sleep), Zen moments, zest

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**You can do this either mentally or on paper. Go through the entire alphabet and think of something you're grateful for that starts with each letter.**

## #PRACTICE “ROSE, THORN AND BUD”

**This is an exercise you can do alone,  
with your partner or with your  
kids/family. Reflect on or report:**

- *Rose (or Sweet)* – The high of the day, e.g. a win, a highlight or a success.
- *Thorn (or Sour)* – The low of the day, e.g. a disappointment, mistake or a challenge.
- *Bud* – The opportunity to learn, the potential in a situation or what you’re looking forward to.
- How you were able to help someone else.

## Mindful Reflection: Share your rose, thorn, and bud



### Rose

A highlight, a success, or something positive that happened.

- What was a highlight today?
- How have you been successful?
- What are you most proud of?



### Thorn

A challenge you experienced, or something you can use more support with.

- What was most stressful?
- Identify causes of difficulty.
- What made it hard to be successful?



### Bud

New ideas or something you're looking forward to knowing or understanding more.

- What are you looking forward to?
- Describe opportunities for learning that excite you.
- What needs growth and nurturing?



# **#EXPRESS YOUR GRATITUDE TO OTHERS**

**Whether it's to your partner, colleagues, your kids ... Find opportunities to express your appreciation. Here are some ideas to run with:**

- . Say “Thank you” more often throughout the day verbally**
- . Write a “Thank you” text, email, card or letter to someone randomly.**

I'm the luckiest wife to  
have you as my life partner.  
**Thank You**  
for being so kind and loving!



wishmsg.com

We're so happy  
*you and your  
family were able to  
celebrate with us.*

*Thank you  
for coming!*



I am so lucky  
*to have a generous  
person like you  
in my life.*



**Thank You**  
*for being the light  
of my life.*



*You're an amazing  
boss and we're  
proud of you.*

Thank you for  
all that you do!



# #DONATE MONEY, TIME AND ENERGY



**...to causes, organizations and people that are important to you. Finding ways to give back is a way of showing gratitude for all that you've been given.**

You have  
two hands.  
*One to help yourself,  
the second  
to help others.*

SHUTTERSTOCK.COM

# #LIVE IN ABUNDANCE MINDSET

**Whenever you make a purchase, instead of focusing on having less money, focus on how the product or service improves your life, and how lives are improved by your purchase.**

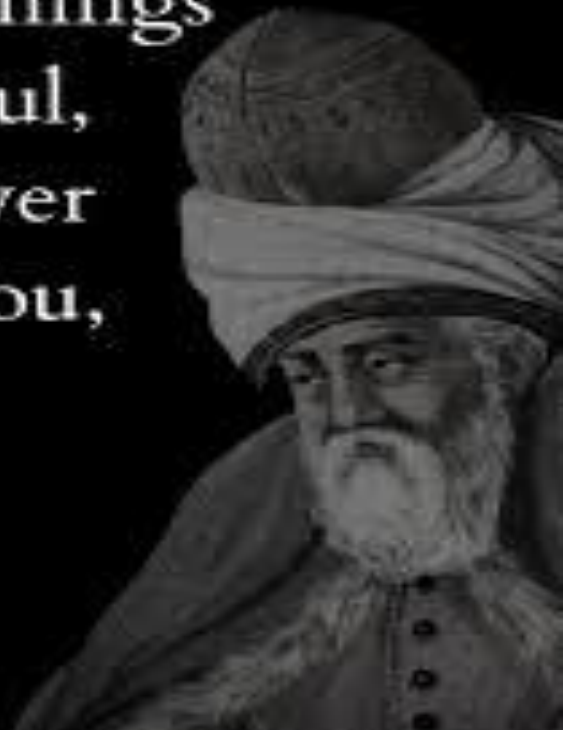
<b>ABUNDANCE MINDSET</b>	<b>SCARCITY MINDSET</b>
	
<ul style="list-style-type: none"><li>• Seeing the glass half full</li><li>• Finds opportunities</li><li>• Utilizes what is available and already known</li><li>• Has optimism about the future</li></ul>	<ul style="list-style-type: none"><li>• Seeing the glass half empty</li><li>• Sees troubles &amp; problems</li><li>• Focuses on what can't be helped</li><li>• Steps back in fear during hard times</li></ul>

# #PRIORITIZE JOY OVER HAPPINESS

Happiness is based on external factors, Joy is based on internal factors. Happiness is fleeting whereas joy is eternal.

When you do things  
from your soul,  
you feel a river  
moving in you,  
a joy.

- Rumi -

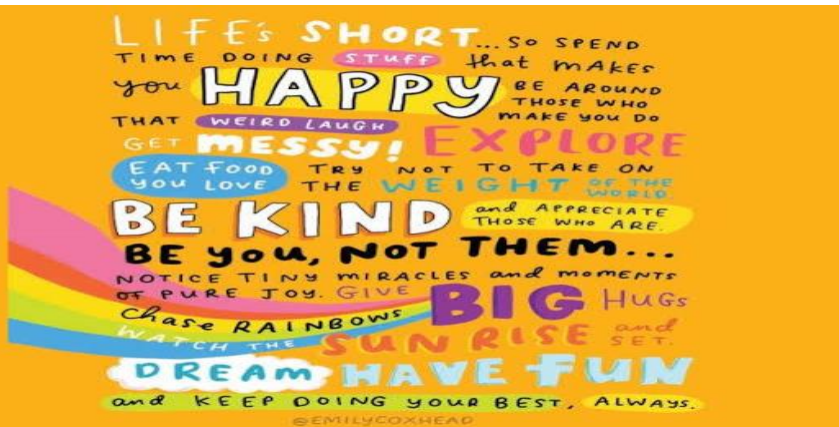




# #READ GOOD NEWS NETWORK

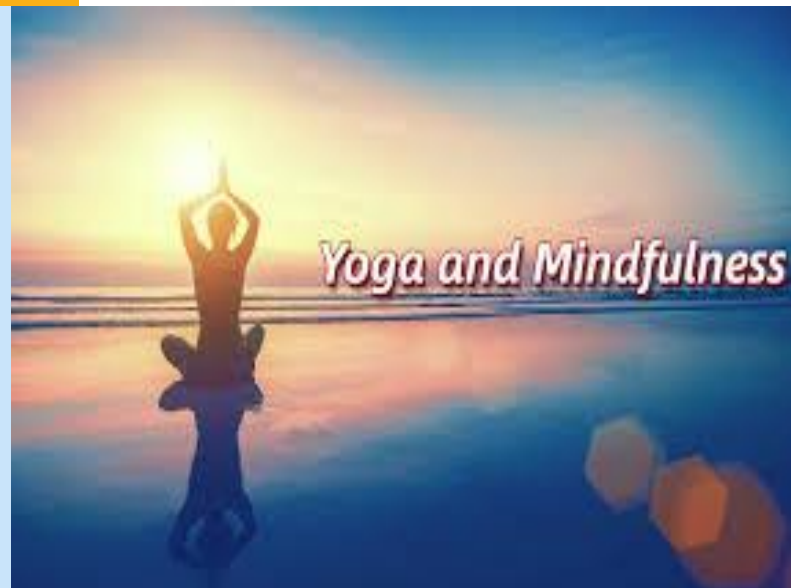
It's no wonder we have a difficult time seeing the good in the world.

Balance out your consumption by seeking good news.



## POSITIVE PSYCHOLOGY

5 key concepts  
(and how journaling helps with intentional practice)





# **#TAKE A BREAK FROM SOCIAL MEDIA**

**Social media sites and advertisements show us all the things we want and don't have, which makes practicing gratitude an uphill-battle. If you want to stay on social, follow positive threads and mute people you tend to compare yourself to.**



## #FEEL IT IN YOUR BODY

**When something positive happens or when you think about something positive, soak it in.**

- **Feel the emotions: e.g. gratitude, joy, appreciation, excitement, happiness.**



- **Feel the body sensations: e.g. warmth, lightness, expansion. Feeling this in your body will make it all that more impactful.**





# #LISTEN TO GRATITUDE TALKS

**“Gratitude makes sense  
of our past, brings peace  
for today, and creates  
a vision for tomorrow.”**

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MELODY BEATTIE  
author



A close-up of a light-colored wooden sign hanging from a tree branch. The sign is rectangular with a pointed bottom and a small loop at the top. It has the words "Gratitude changes everything" written on it in a dark, cursive script. The background is a soft-focus green, suggesting foliage.



Thank you  
for listening

