Why I’m Grateful

I am grateful for my family because...

Something good that happened this week...

I am grateful for my friendship with... because...

I am grateful for who I am because...

Something silly that I am grateful for...

Something else I am grateful for...

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Mental Subtraction Exercise

Instructions

Part 1
Think about something good in your life that falls into one of the following areas of your life:

- Health
- Education
- Safety/Security
- Weekends/Holidays
- Support from others
- Personal achievement
- Possessions

Part 2
Take a moment to imagine what your life would be like without that one good thing. How would it impact your life? How does this make you feel? Write down below how your life would be different without this one good thing. Write about your feelings and how it would affect you.
Gratitude Journal

Instructions

There are many things in our lives, both large and small, for which we might be grateful. During this week, list things in your life that you are grateful or thankful for (blessings). Examples may include supportive relationships, contributions that others have made for you, facts about your life such as your advantages and opportunities, or even gratitude for life itself and the world that you live in. You may use the forms below to write about these blessings in your life or you may choose to write in an actual journal of your choosing. Do this exercise once or twice this week.

Date:

Blessings:

Reflection:

Date:

Blessings:

Reflection:

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Gratitude Letter

Instructions

Gratitude is a feeling of being thankful for the people and things in your life. The expression of gratitude brings positive emotions to those receiving and giving thanks. Yet, we do not always express our gratitude to the people in our lives. Here is your opportunity.

Choose someone in your life who has been helpful and kind to you, yet you haven’t had an opportunity to express your gratitude. This person can be a family member (parent, grandparent, child, spouse, etc.), a friend, teacher or coach – anyone who has made a positive impact on your life but has never (or rarely) heard you express your gratitude. Take a moment to think about the things that this person has done that make you extremely grateful.

In this exercise you are to write a letter of gratitude to this person. Take 10-20 minutes to write this letter expressing your gratitude for what this person has contributed to your life. Use the following points as a guide to help you:

- Address the letter specifically to the person (e.g. “Dear…”).
- Do not worry about grammar and spelling.
- Directly address the person throughout the letter.
- Describe specific things that this person has done that made you grateful and how this person’s behavior has affected your life.
- End the letter in a way that identifies it is from you (e.g. Sincerely…, or Love…, etc.).
- If possible, deliver the letter personally and ask the person to read the letter in your presence or read it aloud to them during your visit.
Gratitude Habits

Instructions

Random Reach Out
Reach out to someone for whom you feel grateful, but do not often express your appreciation. This could be in the form of an email, hand-written note, or as simple as a phone call or text. Express specifically what actions they have taken for you which makes you feel grateful for him/her.

Immediate Gratitude Expression
After someone has done something for you which you really appreciate, send a brief email or leave a short message stating exactly what action(s) the person took and how it made you feel.

Greeting with Gratitude
Every time you meet with someone, begin the conversation by sharing one thing for which you feel gratitude about that other person. By expressing appreciation, this creates a friendly, open, and honest environment which enables the increase of effective communication while increasing the potential to deepen the relationship.

Slow It Down
For the first ten bites of every meal, be conscious of every bite that you put into your mouth. Slowly chew the food, noticing the texture, the various tastes as it dissolves, and the feeling as each swallow fills your stomach. Thank the food for nourishing you. As you continue this practice, notice that as you eat more slowly, you fill up faster. Express you gratitude for this noticing, and how it reduces your food consumption to only what is necessary, and may reduce your waistline as well.

Evening Gratitude
To increase household community and connection with one another, make it an evening dinner practice for each person to list one thing that he/she is grateful for that day.

Celebrate Excellence
When your colleague, close friend, or loved one completes a hard task, celebrate by treating them to a night out at his/her favourite restaurant. Or, if he/she does not enjoy eating out, prepare their favourite meal as a special treat. Note that this celebration does not only have to be with food. You could celebrate the excellence of the other person by means of a treat in any form: a card, concert tickets or a big hug. In addition to noting the accomplishment, express your gratitude.

Share the Gratitude
Host a party specifically focusing on the good things in life. Ask each attendee to bring a hand-written note about one thing that he/she is grateful for. Pass the notes around in a circle and share the gratitude!

Gratitude - Now and What Will Be
Each night, write down three things that you are grateful for that happened that day and three things that you will be grateful for in the future. With each future gratitude state, imagine that it has already come into fruition. Notice how reflecting on each future item makes you feel: Excitement? Happiness? Calmness? Whatever the emotion may be, take it and hold onto the feeling until falling asleep.
Gratitude Board
Make a collage of everything that you are grateful for and put it in a place where you will see it every day. Every other month, rearrange the images for the prolonged retention of the feeling of gratitude. As an alternative, create a future gratitude board where you will use pictures to demonstrate what you intend to bring into your life in the future. Feeling gratitude for what you will have creates the opportunity to align your attention with your goals.

A Box of Gratitude
Collect items that trigger a fond memory and place them in a nicely decorated box or treasure chest. Take ten minutes every other week to look through your memories, appreciate your experiences, and, if you wish, add or replace your items.

Triggered? Fall back to Gratitude
Begin to notice when you are triggered. Examples of common instances where people are triggered include someone cutting you off in traffic, waiting in line at the grocery store, waiting for your internet to connect, and waiting for a text to send when there is bad reception. In these times when you feel agitation or anger rise within you, take three breaths and think about what you are grateful for instead. This will bring you back to your centre instead of being carried away in the triggered emotion.

Gratitude becomes Fun
Have fun practicing gratitude with your kids in times when they may start to complain. Examples include: long plane rides, long car rides, or going out to eat with a large group. Go back and forth listing one thing that you are grateful for with the “winner” being the person who lists the most things that he/she is grateful for. You have the opportunity to try this game with anyone, but may be faced with initial resistance. However, with persistence, there is a chance that you may deepen your relationships with others by learning what they are grateful for.

To get to Sleep, Replace the Sheep
When you cannot fall asleep, instead of counting sheep, count your blessings. This leaves you falling asleep with gratitude in your mind instead of focusing on the thoughts that may be racing through your head. Try it and see how it works for you!

Daily Gratitude
Once a day, write down one thing you are grateful for in an online or hardcopy journal.

Giving Time
Spend once a month to volunteer your time. Practice giving, and potentially receiving, gratitude for your opportunity to contribute. Please consider volunteering ideas by visiting your local charitable and non-for-profit organizations or the Network for Good at www.networkforgood.org/volunteer.
Three Good Things

Instructions

In this exercise, you will remember and list three positive things that have happened in your day and reflect on what caused them. In doing so, you will tune into the sources of goodness in your life. The hope is that you will remember events that otherwise would have been overlooked. It is a habit that can change the emotional tone of your life, increasing an overall sense of gratitude for your life.

**Short version**

Each night before you go to sleep:

1. Think of three good things that happened today.
2. Write them down.
3. Reflect on why they happened.

**Extended version**

Each day for at least one week, write down three things that went well for you that day. Also, provide an explanation for why they went well.

Preferably, create a physical record of your items by writing them down. The items can be relatively small in importance (“I had a nice chat with my friend”) or relatively large (e.g., “I earned a big promotion”).

After each positive event on your list, answer in your own words the question “Why did this good thing happen?” For example, you made the nice chat with your friend possible because you called her.

To make this exercise part of your daily routine, some find journaling before bed to be helpful. As you write, follow these instructions:

1. Give the event a title (e.g., “co-worker complimented my work on a project”)
2. Write down exactly what happened in as much detail as possible, including what you did or said and, if others were involved, what they did or said.
3. Include how this event made you feel at the time and how this event made you feel later (including now, as you remember it).
4. Explain what you think caused this event—why it came to pass. You may also focus on what you did to make this good thing happen.

Use whatever writing style you please, and do not worry about perfect grammar and spelling. Use as much detail as you would like.