

GRATITUDE PRACTICE GUIDE

QUICK START: PICK ONE PRACTICE TODAY

☐ Embodied Gratitude Journaling (5 minutes)

1. Write down something to be grateful for.
2. Close the eyes—bring the memory alive (sights, sounds, smells).
3. Notice where it's felt in the body.
4. Rest attention there for 15–30 seconds. Let it grow.
5. Take three slow breaths while keeping the feeling alive.

Where I felt it: ☐ Chest ☐ Shoulders ☐ Breath ☐ Face ☐ Other: _____

☐ Gratitude Walk (10–20 minutes)

Walk anywhere that allows movement. With each thing noticed (crisp air, strong legs, light on water), pause long enough to feel it land in the body.

Three things I noticed:

1. _____
2. _____
3. _____

☐ Five-Senses Reset (2 minutes)

Stand outside. Name one thing for each sense.

SEE: _____

HEAR: _____

SMELL: _____

FEEL: _____

TASTE: _____

☐ Express Appreciation (1 minute)

Tell one person something specific that's appreciated about them.
Notice what happens in the chest when it's said.

Who: _____

What I said: _____

☐ **Bedtime Gratitude (15 minutes before sleep)**

Write three things that went right today—tiny ones count.

Research shows approximately 30 minutes more sleep on average.

1. _____
2. _____
3. _____

WHAT TO NOTICE IN YOUR BODY

When gratitude lands, sensations may include:

- ☐ Warmth or gentle pressure in the chest
- ☐ Shoulders dropping without effort
- ☐ Deepened, slower breath
- ☐ Softening of the face, especially around the eyes
- ☐ Groundedness or slight tingling
- ☐ Occasional tears—release, not sadness

Stay with the sensation for 15–30 seconds. That’s how the brain learns it matters.

GRATITUDE IN HARD TIMES

Gratitude doesn’t require being thankful **for** the hard thing—only **in** it.

Be grateful for presence, breath, or one small comfort.

On the hardest days, find one somatic anchor:

- ☐ Warmth of a blanket ☐ Rhythm of breath
- ☐ Support of the chair ☐ Ground under the feet
- ☐ Warm drink in hands ☐ Safe space

Park attention there for three breaths. It’s not denial; it’s regulation.

7-DAY GRATITUDE TRACKER

Check off each day a practice is completed. Most people feel the difference by day 4 or 5.

- ☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 ☐ Day 5 ☐ Day 6 ☐ Day 7

What I noticed this week: