

A Life of Gratitude Series

Workbook

Part I: Joy

Researcher Brene Brown discovered that there was not one person who described themselves as joyful who did not also have an active practice of gratitude. Joy arises from our willingness to express appreciation and thankfulness on a daily basis.

In the space below, begin a daily gratitude practice. Each day, for the next 30 days, write about 3-5 experiences or people you feel gratitude for in your life. Write about something new each day and describe WHY you feel gratitude for this person or experience. When you express why you feel gratitude, it helps the experience to become more embodied as you remember and reflect through the act of writing.

Part II: Acceptance

When practiced together, acceptance and gratitude, have been shown to reduce burnout and promote resiliency. A practice of acceptance invites you to remain engaged with the whole spectrum of what it means to be human and through embodied presence learn to see how your current circumstances give you the opportunity for growth and expansion no matter how beautiful or challenging they might be. Reflect on the journal prompts below.

- 1) What in your life is asking for your acceptance? How might your experience of this situation change through the power of your acceptance?

- 2) Who in your life is asking for your acceptance? How might your experience of this person shift through your acceptance?

- 3) What part of you is asking for acceptance at this time? How might your experience of yourself shift through the gift of your own acceptance?

Part III: Gratitude

We all know the power of gratitude. By now you have heard many teachers, the media and more express the healing potential of a gratitude practice. Yet, like healthy eating or exercise, despite our vast knowledge, something holds us back from acting on that knowledge. In this final portion of your journey to A Life of Gratitude, reflect on the following inquiries.

- 1) What gets in the way of your gratitude?

- 2) If you are not actively practicing gratitude, what's holding you back?

- 3) Lastly, you will reflect on what might be possible and who you might be with an active gratitude practice. Who are you today? You might reflect on certain aspects of your 6 dimensions such as your body, mind, heart and soul.

- 4) Who would you be in 6 months, 1 year and 3 years with an active practice of gratitude? How might your life, your experience of life and your 6 dimensions change by maintaining a gratitude practice at those intervals?

60 Day Gratitude Challenge

1. Surprise someone with a gift of gratitude. For example buy a stranger's cup of coffee or send a friend a surprise \$5 over Venmo so they can buy themselves a drink!
2. Write down 3 things you're grateful for and explain *why* you're grateful for them
3. Move with gratitude (recommended practice: A Life of Gratitude: Joy)
4. Send a note of gratitude. Email or mail a letter to someone you're grateful for
5. Do a Gratitude meditation ([recommended practice](#))
6. Take 5 minutes reflecting on something that happened recently you feel grateful for
7. Move with gratitude (recommended practice: A Life of Gratitude: Acceptance)
8. Give something away to someone that you know they would love and appreciate
9. Meditate with gratitude ([recommended practice](#))
10. Write down 5 people you feel grateful for in your life. Why are you grateful for them?
11. Move with gratitude (recommended practice: A Life of Gratitude: Gratitude)

12. Give a meaningful compliment to a stranger
13. Meditate with gratitude ([recommended practice](#))
14. Call a friend and say thank you
15. Practice gratitude in motion ([recommended practice](#)) or go on a gratitude walk
16. Replace a complaint with a thought of gratitude
17. Meditate with gratitude ([recommended practice](#))
18. Show an animal gratitude. If you have a pet, give them affection. If not, when you see an animal today such as a bird in the sky, express your gratitude for nature.
19. Move with gratitude ([recommended practice](#))
20. Write down 3 things you feel grateful for about your work or daily routine
21. Meditate with gratitude ([recommended practice](#))
22. Think of a favorite vacation and savor the memory with gratitude
23. Move with gratitude ([recommended practice](#))
24. Give yourself flowers (or any small gift) and remember to give gratitude to yourself
25. Meditate with gratitude ([recommended practice](#))
26. Think about something you're looking forward to and sense your gratitude for the upcoming opportunity or experience
27. Move with gratitude (recommended practice: A Life of Gratitude: Joy)
28. Go on a gratitude walk, be in nature and give thanks to the planet
29. Meditate with gratitude ([recommended practice](#))
30. Help a stranger, even holding the door open for someone in need counts.
31. Move with gratitude (recommended practice: A Life of Gratitude: Acceptance)
32. Cook something and share it with a friend, neighbor or loved one
33. Meditate with gratitude ([recommended practice](#))
34. Call a family member and express your gratitude
35. Move with gratitude (recommended practice: A Life of Gratitude: Gratitude)
36. Write a positive review for a small business you frequent
37. Meditate with gratitude ([recommended practice](#))

38. Write down 3 things you feel grateful for about your neighborhood
39. Practice gratitude in motion ([recommended practice](#))
40. Volunteer or donate (it can be small!)
41. Meditate with gratitude ([recommended practice](#))
42. Think of 3 ways you're grateful for your body. Write about it and explain why.
43. Move with gratitude ([recommended practice](#))
44. Donate 3 things from your closet
45. Meditate with gratitude ([recommended practice](#))
46. Leave a kind note for someone as a surprise
47. Move with gratitude ([recommended practice](#))
48. Treat yourself to your favorite meal and before eating, pause and give thanks.
49. Meditate with gratitude ([recommended practice](#))
50. Cook a meal or pick up a favorite treat for someone you're grateful for
51. Move with gratitude (recommended practice: A Life of Gratitude: Joy)
52. Engage in a random act of kindness
53. Meditate with gratitude ([recommended practice](#))
54. Think about an ancestor you're grateful for
55. Move with gratitude (recommended practice: A Life of Gratitude: Acceptance)
56. Buy a friend a drink (kombucha counts!)
57. Meditate with gratitude ([recommended practice](#))
58. Email a mentor to say thanks
59. Move with gratitude (recommended practice: A Life of Gratitude: Gratitude)
60. Start a gratitude journal to keep it going!