

Gratitude - Resource sheet

Processes

There are three processes that you will learn this week. There may be one that entices you more than the others, therefore I would suggest starting with that one. Ideally you would participate in this process daily for maximum benefit.

If you are enjoying this process, it may well become a daily habit. Awesome! At this stage, you might like to then introduce the others. Everyone is different regarding personal preference and time commitments etc – there are no rules so simply do you!

1. Being present

The first process is simple. You are invited to **become present** – ideally multiple times each day. Being present simply means ensuring your mind is not drifting to the past or future. While being present you are *focused solely on the here and now*.

This is the perfect time to choose something or someone you would like to show gratitude towards. This may include being grateful for a beautiful tree, a family member, a sunny day, or the fact that you have a body that is mobile! Your choices are unlimited.

Notice how you feel when you are present. What do you notice about the object of your gratitude that you potentially have not noticed before?

It really is a wonderful process that little by little can transform your view of yourself and the world around you. With practice.

2. A gratitude diary

The second process is starting a gratitude diary. Find a spare notebook that you can spare, or you might like to go out and purchase a very special one!

Following is some sentence starters if you choose to use them:

I appreciate.....in my life because.....

I feel grateful forbeing in my life because.....

I love because.....

Because is in my life, I am able to

I am thankful for.....because.....

I appreciate my body because.....

These are simply some examples. Make it your own.

Another method is to simply close your eyes and recall something or someone that you are grateful for - before putting pen to paper. Speak from the heart.

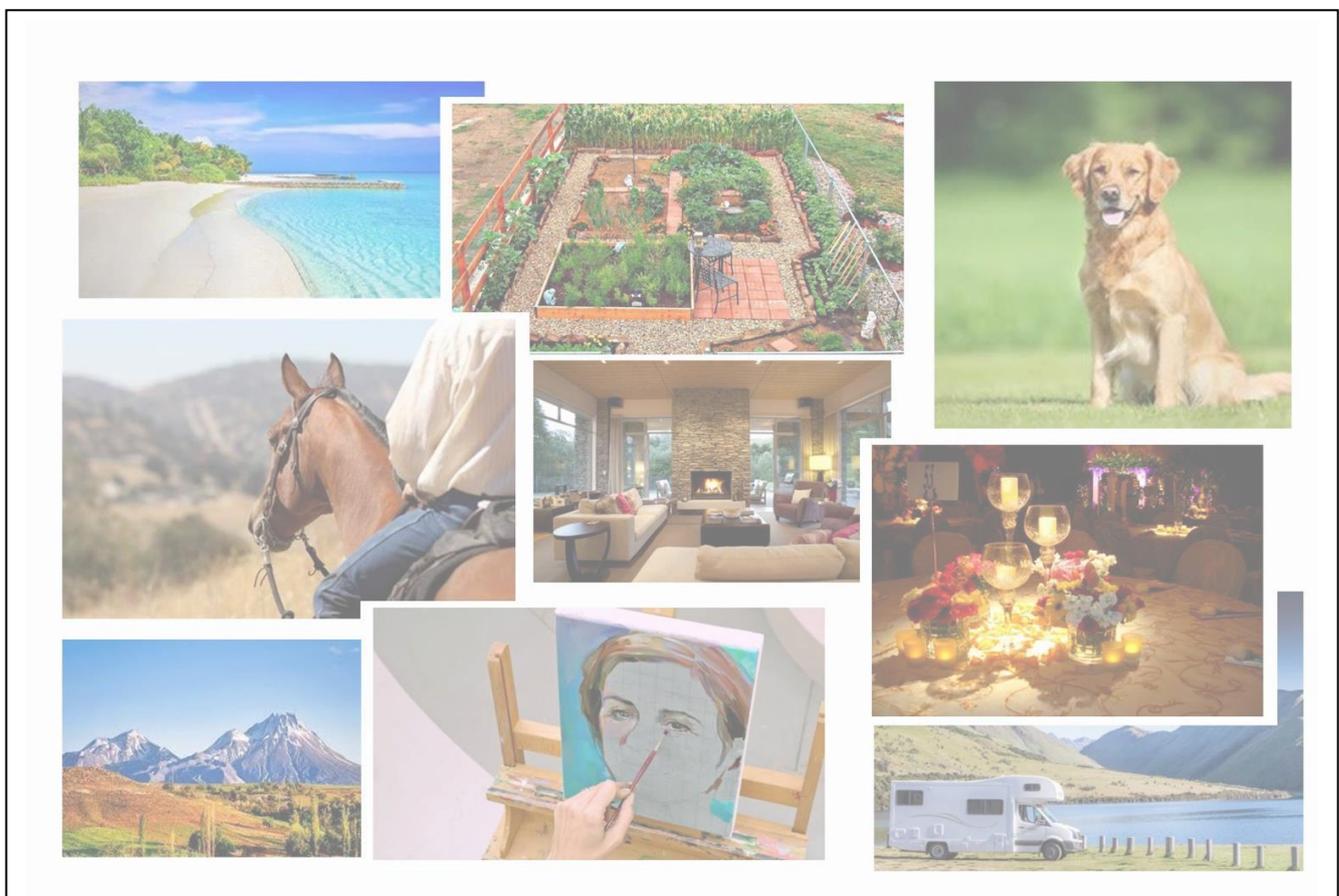
3. Vision board

This is a super fun practice to enjoy – allow your creativity to shine! There are a multitude of ways in which you can embrace this process.

If you have access to a large piece of cardboard, cork board or similar, you might choose to display this. Cutting pictures and phrases from magazines or printing them off your computer.

Alternatively, you might choose to create an online version that you can use as a screen saver!

The idea is to be able to see it daily. Spend a few minutes looking at it and allowing yourself to feel gratitude for what is, and what has potential to come into your life. Here is a JPG vision board that I have created to give you an idea:



This simple vision board took me around 15-20 minutes to create. Simply by inserting images (in text boxes) into a *Word* document. Then converting to first a *PDF* and then a *JPG* (using free PDF to JPG converters available online). This could then be your screensaver or print it off and tack to your wall!

You can have a lot of fun with it. Allow yourself to dream... this is your life!!!