

A Week of Gratitude

DAY 1

SOMETHING YOU TAKE FOR GRANTED.

What is always there or happens all the time and you just assume its presence? Electricity, clean water, breathing. Notice something that is present in your every day life, something that makes your life so much better because you have it. Practice gratitude for the stuff that just works.

DAY 2

SOMETHING ABOUT YOURSELF.

Appreciate one of your traits: your personality, a talent, a physical feature, an accomplishment you're proud of. Recognize it, own it.

DAY 3

APPRECIATE SPACE.

What surrounds you? What brings you some peace and comfort and rest? Find a spot you can be alone, even if just for a few minutes, and just feel gratitude in your heart for moments of rest. Pay attention to the details. Are you outside? What colors do you see? What sounds do you hear? If you are limited here, what other senses can you utilize?

DAY 4

REPLACE THE COMPLAINTS.

Pay attention to moments where you want to complain, where you feel grumpy or irritated, and ask why? What is something sucky that you're dealing with right now? Write them all down, as many as you can think of. Check out your list. Step 1: Ask yourself, what is really so bad about that? Why I am complaining? Step 2: Evaluate what possible positive experience(s) are available to replace them with.

DAY 5

GRATITUDE FOR THE HARD THINGS.

Let's get a little more specific. Obviously our lives have completely shifted during this pandemic. It might be really tough, especially if you've lost anyone to COVID, but think about something that's changed that you can be grateful for. Find the good within the bad situation, and feel the gratitude within your heart to help ease the sadness.

DAY 6

DIFFERENT PARTS OF YOUR BODY

You may be prepping for a full day of eating tomorrow. So take a moment and express gratitude to your body. That's right, TO it. Literally sit and think about specific areas and thank them for the work they do. Thank your liver for filtering out all the booze you drink to prepare for that one crazy uncle. Thank your feet for keeping you upright for hours cooking. Thank your hands for their dexterity, your lungs and heart for circulating oxygen around. Place your hands over your heart, and just say thank you.

DAY 7

YOUR FAMILY

While you may not be able to be with many or any of them today, who has had a profound impact on your life? If they aren't alive anymore, take a moment to be grateful for a soul you've connected with. If they are still here, get on a video chat and tell them, share with them exactly why you're grateful they are in your life and how they have made such an impact on you. And they'll probably be grateful for your kind words.

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DAY ONE

DAY TWO

DAY THREE

DAY FOUR

DAY FIVE

DAY SIX

DAY SEVEN

"GRATITUDE TURNS WHAT WE HAVE INTO ENOUGH, AND MORE. IT TURNS DENIAL INTO ACCEPTANCE, CHAOS INTO ORDER, CONFUSION INTO CLARITY...IT MAKES SENSE OF OUR PAST, BRINGS PEACE FOR TODAY, AND CREATES A VISION FOR TOMORROW."

-Melody Beattie-