



10 DAYS OF GRATITUDE



CENTERED IN THE CITY

Gratitude

The quality of being thankful: readiness to show appreciation for and to return kindness

Benefits of Gratitude:

- Increased happiness and positive mood
- Higher satisfaction with life
- Less likely to experience burnout
- Better physical health
- Decreased inflammation at the cellular level
- Greater resiliency

Research conducted by Wong and Brown (2017) demonstrates four major effects of having a gratitude practice:

1. Gratitude disconnects us from toxic, negative emotions and the ruminating that often accompanies them. Writing expressions of gratitude “shifts our attention” so that our focus is on positive emotions.
2. Expressing gratitude helps us even if we don’t explicitly share it with someone. We’re happier and more satisfied with life because we completed the exercise.
3. The positive effects of gratitude writing compound like interest. You might not notice the benefit of a daily or weekly practice, but after several weeks and months, you will.
4. A gratitude practice trains the brain to be more in-tune with experiencing gratitude—a positive plus a positive, equal more positives.

Gratitude Journal Directions:

Each day, for the next 10 days, take 10 minutes to “brain-dump” your response to the the daily gratitude prompt. You can't do this reflection wrong. Have fun exploring what comes up and notice how this practice affects your energy, mood and mindset.

Day 1

What are the smallest things you are grateful for today?

Day 2

Who are the people in your life you are most grateful for, and why?

Day 3

What in your physical space are you most grateful for, and why?

Day 4

What experiences in your life, thus far, are you grateful for? Why do they stand out?

Day 5

What does gratitude feel like in your body?

Day 6

In this moment, what are you most grateful for?

Day 7

What aspects of this season are you grateful for? Why?

Day 8

What parts of your body are you most grateful for, and why?

Day 9

What part of mother nature are you most grateful for?
What about it lights you up?

Day 10

What words of gratitude would you want to share with yourself and/or your community today?

Reflect on your Experience:

1. What impact did this daily gratitude practice have on your mood, energy and mindset?
2. How do you see yourself wanting to incorporate a gratitude practice into your lifestyle?
3. Why is practicing gratitude important to you?