




BLUE PHOENIX RISING (PTY) LTD

## GRATITUDE SIMPLIFIED

**“Wear gratitude like a cloak, and it will feed every corner of your life.” - Rumi**

Practising **gratefulness** is a powerful way of moving from a lack or scarcity mindset to one of abundance. (Abundance means: a very large quantity of something). Doing this is said to bring about a calmer, happier sense of contentment.

 **ACTIVITY:** Write down all those things you are grateful for in your life.

I am thankful for \_\_\_\_\_

I am grateful for \_\_\_\_\_


I am appreciative of \_\_\_\_\_

**It's easy to get caught up in the things we lack or don't have; or in the things that went wrong in our lives.**

 **ACTIVITY:** List all the positives you have in your life.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Practising gratitude is also known to reduce negative emotions and negative self-talk.**

 **ACTIVITY:** Write down all those things you love about yourself.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 **MEMORY JOGGERS**


- (Love, adore, admire, see, appreciate)
- I acknowledge & cherish my strengths.
  - I love my skin, hair, feet.
  - I am OK with not knowing and asking questions.

**Practising gratitude helps us foster better, more meaningful relationships and connections with others.**

 List whom you are grateful for (and perhaps why).

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Note from us to you*

 Thank you for taking the time to spend with this template; I appreciate you.



Inspired by Earl Nightingale