

Kay Morana

Gratitude Mindset Practices

How am I feeling?

Before you start this practice: start by noticing how you're feeling right now. How happy are you right now? Are you feeling anxious? Are you experiencing any health issues or a flare from a chronic condition? Take some time to think about it and write it down here.

On week 1, give yourself a rating on 1-10 (1 being feeling the worst you've ever felt, 10 being you're feeling beyond amazing) for both your mental and physical wellbeing. You'll repeat this on the last day of week 12, but don't worry about it on the weeks in between. This is here to help you gauge how this practice has helped you.

Then, every day, write down 5-10 things you're grateful for in the boxes on the provided pages. I recommend that whenever you think you can't think of another thing, find one more and then put the pen down.

| | |
|------------------------|---------------------------|
| Week 1 | |
| Week 1 Ratings | Mental:____ Physical:____ |
| End of Week 12 | |
| End of Week 12 Ratings | Mental:____ Physical:____ |

Week 1

___/___ - ___/___

Every day, take a few minutes to write at least 5 things you're grateful for. Get as specific as you can about each gratitude. Set an alarm every day so you don't forget.

I've left the boxes empty so you can choose which day of the week to start. Remember: you are not tied to Sunday or Monday. Growth can start any moment of the day, and any day of the week!

Kary Novara

Week 2

___/___ - ___/___

Great job completing your first week of gratitudes! Don't let the momentum slow down: keep this practice going every day.

Take a moment to note something you're looking forward to this week here:

Kay Novara

Week 3

__/__/__ - __/__/__

Two weeks down! Remember not to be hard on yourself if you missed a day somewhere. You're building habits right now by sticking with it!

Pick someone in your life you're grateful for: How will you show them you appreciate them this week?

Kay Novara

Week 4

___/___ - ___/___

Almost 1 month down! You're well on your way to building that gratitude mindset.

How will you show yourself some gratitude this week?

Kay Novara

Week 5

___/___ - ___/___

You're 1/3rd of the way to 12 weeks of gratitude! This is an incredible accomplishment, and you should feel proud of yourself.

What's something else you did over the last month that made you feel proud?

Kay Novara

Week 6

___/___ - ___/___

Studies have shown that writing a thank you letter can significantly improve your mood and build a gratitude mindset.

Write down the name of the person you want to write a letter to here – *and then actually write it*. Bonus points if you mail or hand-deliver it!

Kay Novara

Week 7

___/___ - ___/___

Can you believe it? You've finished half of this worksheet! Which tells me you've dedicated yourself to building this mindset.

Dedication is 80% of building anything. What's a new habit you'd like to dedicate time to?

Kary Novara

Week 8

__/__/__ - __/__/__

One of the best ways to build happiness and gratitude is to acknowledge your community that is there for you.

This week, consider writing down how grateful you are to someone in your life, and then meet up with that person (or call) and read whatever you wrote to them. I can promise you'll both feel incredible after doing this!

Kary Novara

Week 9

___/___ - ___/___

Take your gratitude an extra step further this week. Read your gratitudes out loud to yourself once you've written them down.

After the week is over, consider continuing to do this if it feels good to you!

Kay Novara

Week 10

___/___ - ___/___

You've completed 75% of this practice!

What's one or more positive experience(s) that have come out of this practice for you?
How did it affect you?

Kary Novara

Week 11

___/___ - ___/___

Kindness and gratitude are two things that go hand-in-hand.

What's one way you can bring a little more kindness into the world this week?

Kay Novara

Week 12

___/___ - ___/___

Week 12! Take a moment to really appreciate yourself for bringing this practice into your life.

When this week is complete, cut out the sections for each day, fold them up, and put them into a jar. If you're ever feeling down, you can always revisit some of those things that brought you gratitude these past few months. You can also keep this going by getting a gratitude journal to write in daily.

Kary Novara