launchpad for the extraordinary

COMPARISON isn't just the thief of joy ➤ it's the thief of everything CULTIVATE GRATITUDE over comparison GRATITUDE turns what we have into ★ more than enough. ★

Gratitude Journal

Morning Gratitude

Before you begin your day, list ten things for which you are grateful:

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

What I'm Learning From My Challenges

List three obstacles and what you are learning from them:

1.

2.

3.

People I'm Grateful For

List five people who made your life a little happier today - these could be friends, family, or strangers:

1.
2.
3.
4.
5.

The Best Part Of My Day

Choose one moment of your day that made you happy and focus on it for 5 minutes before bed:

+27 (0)11 894 1853 | +27 (0)71 483 0368 | info@**duxpd**.co.za | www.**duxpd**.co.za

Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.

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What About Gratitude?

Consider these questions to get a better notion of your understanding of gratitude.

1. What does gratitude mean?
2. How does being thankful make you feel?
3. How can you show you are grateful?
4. Why is being grateful important?
5. When was the last time you said thank you?
6. What kind of actions should be thanked ?
7. Who can you say "thank you" to right now?

Gratitude Prompts

When you are feeling down, use this list to inspire you to remember all you can be thankful for.

1. What smell are you grateful for today?
2. What technology are you grateful for?
3. What colour are you grateful for?
4. What food are you most grateful for?
5. What sound are you grateful for today?
6. What memory are you grateful for?
7. What book are you most grateful for?
8. What texture are you grateful for?
9. What abilities are you grateful for?
10. What sight are you grateful for today?
11. What season are you grateful for?
12. What about your body are you grateful for?
13. What knowledge are you grateful for?
14. What song are you most grateful for?
15. What tradition are you grateful for?
16. What challenge are you grateful for?
17. What moments this week are you most grateful for?
18. What form of expression are you most grateful for?
19. Which lecturer are you grateful for?
20. What small thing that you use daily are you grateful for?
21. Which friend are you most grateful for today?
22. What sense are you grateful for?
23. Who are you most grateful for in your life right now?
24. What small thing that happened today are you grateful for?