

STRATEGY #1 ENHANCING GRATITUDE

The positive emotion of gratitude is one of the most widely studied of all emotions from a scientific standpoint. There is a great deal of evidence supporting the benefits that this and similar gratitude exercises can have on your mind and body. Build on this by using the following exercise for approximately 21-30 days. It will counter the negative “Tetris” effect prevalent in all of our lives, and “prime” you toward mental and physical benefits.

- First, download the form included to help you keep a brief record of your gratitude experiences for the next 21-30 days.
- At the end of each day, and before going to bed, briefly record 3 things or events that you are grateful for over the past twenty-four hours. These can either be large or small. For example, you might simply write, “I am grateful that the weather was so pleasant today, allowing me to exercise.” Or, it could be something more significant such as, “A friend I haven’t spoken to for five years called me and told me they have been thinking about me. We had a great talk.”

Make sure that your recording of these gratitude experiences vary from day to day, and avoid putting down the same responses repeatedly. This forces your mind to “search” for new things to be grateful for, creating a positive “Tetris Effect.”

Identify three things you're grateful for each day:

Day 1

- 1 _____
- 2 _____
- 3 _____

Day 2

- 1 _____
- 2 _____
- 3 _____

Day 3

- 1 _____
- 2 _____
- 3 _____

Day 4

- 1 _____
- 2 _____
- 3 _____

Day 5

- 1 _____
- 2 _____
- 3 _____

Day 6

- 1 _____
- 2 _____
- 3 _____

Day 7

- 1 _____
- 2 _____
- 3 _____

Identify three things you're grateful for each day:

Day 8

- 1 _____
- 2 _____
- 3 _____

Day 9

- 1 _____
- 2 _____
- 3 _____

Day 10

- 1 _____
- 2 _____
- 3 _____

Day 11

- 1 _____
- 2 _____
- 3 _____

Day 12

- 1 _____
- 2 _____
- 3 _____

Day 13

- 1 _____
- 2 _____
- 3 _____

Day 14

- 1 _____
- 2 _____
- 3 _____

Identify three things you're grateful for each day:

Day 15

- 1 _____
- 2 _____
- 3 _____

Day 16

- 1 _____
- 2 _____
- 3 _____

Day 17

- 1 _____
- 2 _____
- 3 _____

Day 18

- 1 _____
- 2 _____
- 3 _____

Day 19

- 1 _____
- 2 _____
- 3 _____

Day 20

- 1 _____
- 2 _____
- 3 _____

Day 21

- 1 _____
- 2 _____
- 3 _____