

**A WEEK OF GRATITUDE:**

**SEVEN DAYS OF  
GRATITUDE PROMPTS**



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# A WEEK OF GRATITUDE: SEVEN DAYS OF GRATITUDE PROMPTS

**Hello!**

Welcome to 'A Week of Gratitude', seven days of gratitude prompts to kickstart your gratitude practice and show you that practicing gratitude doesn't have to be complicated or time consuming.

Each day you'll be asked to reflect on a different prompt that will encourage you to view your life through the lens of gratitude. There is always something in life to be grateful for, we just need to see it, this workbook takes you on that journey!

You can take as much or as little time as you like to reflect on each prompt, but my advice is to keep it short. Don't over think things when you're practicing gratitude, just get something down on paper to get the ball rolling.

Make your gratitude practice a non-negotiable. Set an alarm on your phone and when it goes off take a minute - just 60 seconds - to jot down what you're grateful for. Quick and dirty, but effective.

Share what you're grateful for! If there's someone you've realised you're really grateful for tell them. I guarantee it will make that person feel amazing and it will help you really understand the value of a gratitude practice.

I hope you have an amazing experience and this week leads you to a practice that will really enhance your life and wellbeing.

**Love, Bethan x**















