A WEEK OF GRATITUDE: SEVEN DAYS OF GRATITUDE PROMPTS



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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



A Person You're Grateful For

Write the name of someone in your life you're grateful for, and why you're glad they're in your life. It could be a romantic partner, a family member, a friend or a colleague. There is always someone wonderful to be grateful for.



Something About Your Home You Love

Write about something in your home that you love, and why it makes you happy. Our homes are our sanctuaries, they're often the place where we feel safest and most content, which makes it all the more important to celebrate them!



A Conversation You Appreciated Today

Write about a conversation you had today that you really appreciated, and why you appreciated it. The conversation doesn't have to be anything deep, it could be a chat about the weather, what's important is how you felt during and after the exchange.



An Experience You're Grateful For

Write about an experience you had today that you're grateful for, and why you're grateful. Remember, the experience doesn't have to be anything grand, it can be as simple as a smooth commute to work or a really good cup of coffee.



Someone Who Inspires You

Write about a person who inspires you, and why that person inspires you. Think about what makes that person special, what is it about them that makes them so inspiring.



Something You've Learnt

Write about something you've learnt recently that you're grateful for. Even the hardest lessons can turn into something you're grateful for.



How Your Week Has Been

Write about your experience of practicing gratitude over the last week. How do you feel? What have you learnt? What's your next step?