

GRATITUDE SYNERGY

Week 1: Introduction to Gratitude

Reflection Questions:

How do you currently incorporate gratitude into your life?

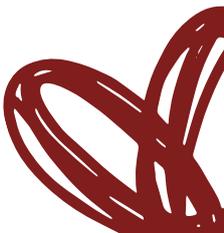
Describe a recent moment when you felt truly grateful. What sparked this feeling?

Daily Gratitude Prompt:

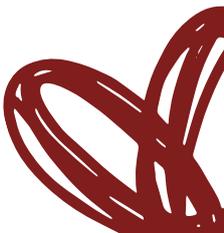
Each day, write down three new things you're grateful for. Try to be specific and look for the unexpected sources of gratitude in your daily life.

Activity: Create a Gratitude Jar or Board

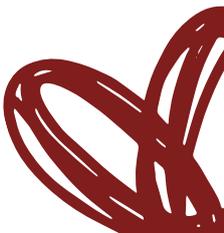
Set up a physical place where you can regularly deposit notes of gratitude. This could be a jar, a box, or a section of your wall turned into a gratitude board. Each day, add at least one note detailing something you're grateful for.



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Week 2: Cultivating Self-Gratitude

Reflection Questions:

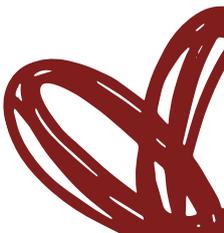
- What personal qualities are you most proud of?
- Reflect on a personal achievement from the past year. How did it make you feel?

Daily Gratitude Prompt:

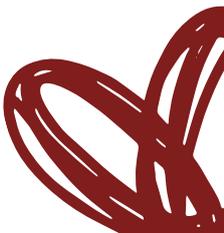
- Write a heartfelt letter to yourself expressing gratitude for your strengths, resilience, achievements, and growth.

Activity: Develop a Personal Affirmation

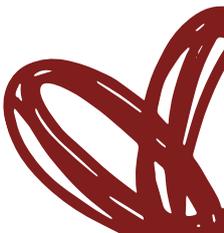
- Based on your reflections, create a personal affirmation that celebrates your worth and achievements. Write it down and place it somewhere you will see it every day.



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Week 3: Enhancing Relationships through Gratitude

Reflection Questions:

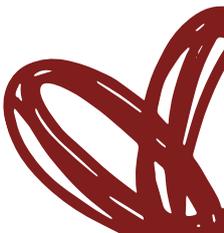
- Who has been a source of support or joy in your life recently?
- How can expressing gratitude deepen your relationships?

Gratitude Visit Exercise:

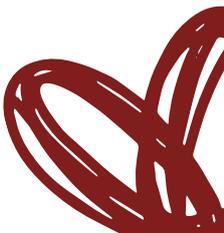
- Write a thoughtful note or message expressing your gratitude to someone who has positively impacted your life. If possible, share it with them directly.

Activity: Implement Weekly 'Gratitude Sharing' Moments

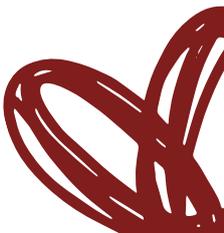
- Set aside a time each week to share things you're grateful for with friends or family. This could be during a meal, a phone call, or a video chat.



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Week 4: Setting Goals with Gratitude

Reflection Questions:

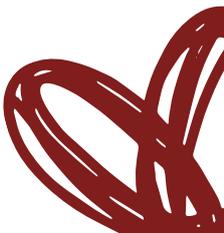
- How can a gratitude mindset influence your goal setting?
- Think of a goal that gratitude helped you achieve. What role did gratitude play?

Gratitude-Infused Goal Setting:

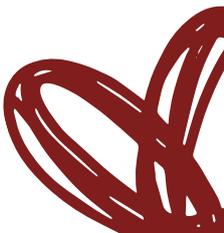
- Write down a short-term goal you wish to achieve. Next to it, note how gratitude can help you in reaching this goal. Consider the positive aspects of the journey towards this goal, not just the outcome.

Activity: Gratitude Milestone Celebration

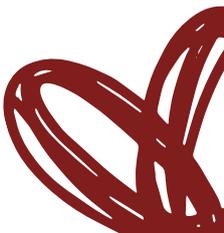
- Plan a way to celebrate reaching your goal that involves showing gratitude either to yourself or others who have supported you. This could be as simple as a gratitude dinner, a thank-you note, or a personal reward.



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Week 5: Finding Gratitude in Difficult Times

Reflection Questions:

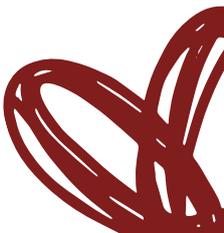
- Recall a challenging situation that ultimately led to growth. What was the silver lining?
- How does viewing challenges through a lens of gratitude change your perspective?

Gratitude Resilience Plan:

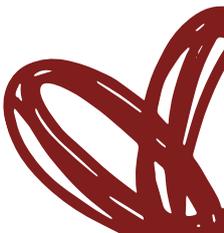
- Identify a current or potential future challenge. Write down ways you can find gratitude within this situation and strategies to remind yourself of these aspects when times get tough.

Activity: Gratitude Letter to Someone Who Challenged You

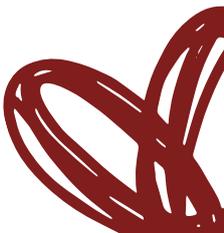
- Write a letter to someone who presented you with a challenge, explaining how it led to personal growth. You don't have to send it, but the act of writing it can be therapeutic.



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Week 6: Letting Go with Gratitude

Reflection Questions:

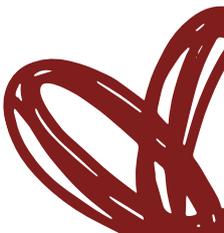
- Is there something in your life you need to let go of? How can gratitude assist in this process?
- Describe a time when letting go made room for something better.

Forgiveness and Gratitude Exercise:

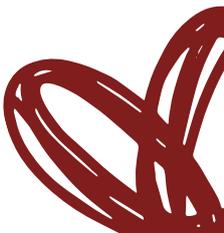
- Think of a minor grievance or misunderstanding and find a way to resolve it with gratitude. This might involve forgiving someone, expressing thanks for the lessons learned, or both.

Activity: Create a 'Gratitude Release' Ritual

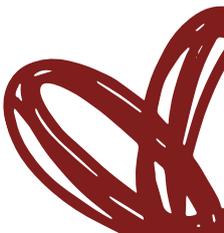
- Write down things you wish to let go of on small pieces of paper. One by one, safely burn them (e.g., in a fireplace), imagining releasing these burdens with gratitude for their lessons.



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Week 7: Integrating Gratitude into Everyday Life

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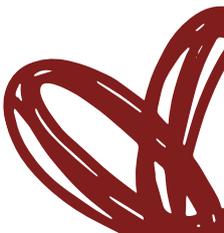
- How has practicing gratitude changed how you view daily life?
- What practices would you like to continue or start to maintain a grateful perspective?

Gratitude Plan:

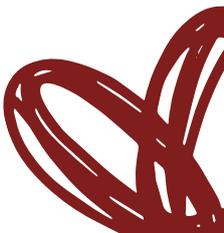
- Outline a plan for how you will integrate gratitude practices into your daily routine going forward. Include specific practices and how often you'll engage in them.

Activity: Gratitude Acts of Kindness

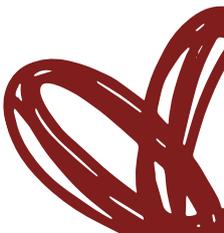
- Each day, perform one small act of kindness without expecting



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