

# glimpses of gratitude



a gentle guide

by  
terii christine ward ault



from my heart to yours

**Welcome Friend,**

I'm really glad you're here.

If you're holding this guide, I have a feeling you were looking for a pause — not another thing to fix, improve, or figure out. Just a small moment of calm in the middle of real life.

I created Glimpses of Gratitude because I needed it myself — and I had a feeling I wasn't the only one.

For a long time, I was great at taking care of everyone else, but not always great at slowing down for me. Gratitude came into my life quietly — not as a big, shiny transformation, but as a simple practice of noticing what was already supporting me. And over time, that changed how I felt in my body, how I responded to stress, and how I lived inside my own life.

As an educator and coach, I've spent years helping people learn and grow. What I've learned is this: real change doesn't come from pushing harder — it comes from gentle awareness, repeated often. That's what this guide is offering you. Small moments. Small breaths. Small glimpses of good.

You don't need to read this all at once.

You don't need to do it "right."

Some days a single breath will be enough.

My hope is that these pages help you feel a little more steady, a little more at home, and a little more supported — even on the hard days.

You're not behind.

You're not doing this wrong.

You're right on time.

Welcome, friend. I'm so glad you're here.

With warmth and gratitude,

Terii ✨





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an invitation



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## an invitation

This is not a guide to fixing your life.

It's an invitation to slow down.  
To soften your focus.  
To shift your perspective.

To find small glimpses of gratitude  
that bring you into the present moment—  
to be in that moment,  
not in the past,  
not the future

These glimpses don't ask you to change anything.  
They simply invite you to pause and notice.

As you move through this book,  
you don't need to read quickly  
or respond to every page in the same way.

Some pages may ask only for a breath.  
Others may invite a word, a sentence,  
or a quiet moment of awareness.

You're welcome to write, speak,  
or simply notice what arises.

There is no right pace.  
There is no right response.

This moment is enough.





## what gratitude can be

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Gratitude isn't pretending everything's fine.

It's a gentle way of paying attention.

It's noticing what supports you as you move through real life.

It invites awareness without asking you to change how you feel.

Even one small moment can be enough  
to bring steadiness and care into the day.

Gratitude grows from presence—  
from staying with what helps you feel grounded.

What does gratitude feel like to you right now?





## a breath of science

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Breath is one of the simplest ways to return to the present moment.

When you slow your breathing—especially when you lengthen your exhale—you send a signal to your nervous system that it is safe to settle. This signal helps shift the body out of a stress response and into a calmer state of awareness.

You may notice your shoulders soften.  
Your jaw relax.  
Your thoughts slow just a little.

This isn't about controlling your breath.  
It's about letting it guide you back.

Even one slow inhale, followed by a longer, gentler exhale, can begin to quiet the body and steady the mind.

Over time, these small pauses help your system learn that it doesn't need to stay on high alert.

Gratitude works in a similar way.

When you bring your attention to something supportive—even briefly—you give your mind and body a place to rest.

Breath and gratitude together create a simple pathway back to balance, presence, and care.

Nothing needs to be forced.  
Nothing needs to be fixed.

Sometimes, all it takes is a breath.

If it feels right for you, pause and take a breath here.





## a path of gratitude

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Gratitude showed up for me as something to practice, not something I was born with.

Over time, I noticed it didn't change my circumstances as much as it changed how I lived inside them.

It helped me pause more often.  
It helped me respond with a little more care—  
for myself and for others.

This way of living is transforming my life.

I didn't learn gratitude in calm, perfect moments.  
I am learning it in ordinary situations—  
when my mind wants to return to what is bothering me.

**And each time I returned to gratitude, something softened.**

How might your day change with a deep breath, a gentle pause, and a little care?







## step away from the loop

My husband, Steve, and I were doing some work on our home in Sedona.

As the work wrapped up, a large pile of wood debris collected in front of the house. I asked Steve to load the wood into his truck and and dispose of it on his way home to California. I was lucky enough to stay in Sedona for another week.

The next day, I was getting into my car and saw the pile still sitting near the driveway—left for me to handle.

I had no way to remove it. I drove away feeling angry and resentful, unsure of what I was going to do.

As I drove through the red rocks of Sedona, I noticed my mind returning to the pile again and again.

Each time I went back to it, the same wave of anger followed. The moment replayed itself, over and over.

That's when I realized I kept revisiting that pile in my mind. I was stuck in a loop of anger and resentment.

So I said—out loud—“**Terii, step away from the pile!**”

It made me smile a little.  
And it brought me back to the present moment.

I took a deep breath and looked around at the beautiful red rock formations surrounding me like a warm hug. I felt gratitude for the beauty of Sedona. I found a small glimpse of gratitude to hold onto, and I could feel my body begin to settle.

The next day, someone stopped by and mentioned they needed wood. They asked if they could have the pile. I smiled and gave it to them.

What felt like an annoyance became a gift.

What felt like a mistake became meaningful.

Now, when I notice my thoughts looping, I remind myself:

**step away from the pile, step away from the loop,  
and return to the present moment**

**—to that glimpse of gratitude.**







## a glimpse of gratitude in action

A simple way to step out of a mental loop  
and return to the present moment with a glimpse of gratitude.

It doesn't need to be perfect.

### **First, catch the Loop**

You might notice:

- the same thought repeating
- a familiar wave of irritation or worry
- your body tensing in a way you recognize

That's your cue.

### **Pause**

Pause the loop. You can even say “Step away from the pile!”

### **Breathe**

Inhale deeply.

Exhale slowly.

### **Notice**

Bring your attention to what's here.

A sound.

A sensation.

Something steady.

### **Name It**

I'm grateful for \_\_\_\_\_.

### **Root**

Let it anchor you.

Stay for a few seconds or minutes.

### **Soften**

Pausing and slowing the breath helps the nervous system settle.

The body receives the signal that it's safe to soften and return.

How might your day change with a deep breath, a gentle pause, and a little care?





## when gratitude feels hard

There will be days when gratitude doesn't come easily.

Nothing feels light.  
Nothing feels supportive.

And trying to "find something to be grateful for" can feel like too much.

This doesn't mean you're doing it wrong.

Gratitude isn't about forcing a positive thought  
or bypassing what's real.

Sometimes, the most honest thing you can do  
is simply notice what's hard  
and meet yourself with a little care.

On those days, presence is enough.  
Breath is enough.  
Kindness toward yourself is enough.

Gratitude will return when it's ready.

What would feel caring for yourself today?





## Reflection and A Simple Daily Reset

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Gratitude doesn't need a reason.

It doesn't need a story.

It often arrives as a small moment of awareness.

You might notice it in your breath.

In something steady around you.

In a pause that feels supportive.

Even brief moments count.

### **The Daily Reset**

Complete this once—out loud, in writing, or quietly:

I'm grateful for \_\_\_\_\_.

Let your answer be small.

Let it be simple.

Stay with it for a few seconds.

Notice what shifts.

That's enough.

What small glimpse of gratitude is available to you right now?





Thank you

**Thank you, friend, for taking the time to open your heart to a glimpse of gratitude.**

I'm not a therapist or an expert with all the answers.  
I'm a woman who is learning—and discovering how the simple practice of daily gratitude can transform my life, my health, and my sense of well-being.

**I believe that sharing love, light, and gratitude can make this world a gentler, more connected place.**

**Thank you for joining me on this journey.**

I hope our paths cross again soon.

Warmly,

Terii



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