

Gratitude Guide: Resources to Support Your Practice



Created by Janiece Gray

Introduction

This guide was created to share a variety of strategies and resources that can help you incorporate gratitude into your life.

▪ Everyday Prompts

Gratitude Apps

- [Join me in One Billion Happier People!](#) A community sharing daily gratitude together
- Gratitude Journals – I've used many but here are a few favorites: [Five Minute Journal](#), [Full Focus Journal](#), [52 Lists of Happiness](#) & my kids love the [Happy Self Journal](#)
- Make your own – Write 3 Good Things at the end of each day, shift, etc. Or in the a.m.: What am I thankful for? What would make today great? And in the p.m.: 3 Good Things.

▪ Meditations & Movement

- [Gratitude Meditation](#) Greater Good in Action
- [5 Min Guided Morning Meditation with Positive Affirmations](#) Yoga with Cassandra
- [Gentle Yoga - Full Class | Filmed Live at The Marsh](#) with Liza Anema TheMarshMN
- [10 Minute Morning Yoga](#) (Part of 30 DAYS to CHANGE – I love Days 7 & 21 especially) Yoga with Cassandra

▪ Filling up on the Good Stuff

Podcasts:

- The Science of Happiness “How Gratitude Benefits Your Brain” 3.12.2018
- Stuff to Blow Your Mind “Thankful: The Science of Gratitude” 11.27.2019

Videos:

- [An Experiment in Gratitude | The Science of Happiness](#) SoulPancake
- [Gratitude is Good for You](#) John Templeton Foundation

Courses:

- [The Science of Well-Being](#) Yale University
- [Mindfulness Training with Maureen Doran](#) Allina Health Penny George Institute for Health and Healing



▪ Determining Where You're at

- Greater Good Science Center has a [Happiness at Work](#) and also a [Gratitude Quiz](#)
- TTI Success Insights has a [Working from Home Report \(Assessment\)](#)

▪ Putting It into Action

- Notes – Sending a good old fashioned thank you note is never out of style! Some healthcare organizations have been asking for donations of handmade notes that they can give to their patients. Check in with your local hospital to inquire.
- Yard Sign from [Thank U Store](#) \$10 from each sign and 50% of profits from everything else will be donated to organizations that help to feed those facing food insecurity in your area.

▪ Helping Build Resilience

- [3 Good Things](#) – Whether at a shift huddle, at the dinner table, before bed, or on a Zoom call with friends, ask each person to share 3 Good Things that have happened that day.
- Picture Activity - Ask everyone to identify a favorite photo of themselves, print it and mount it on some colored paper. Sit in a circle and start each of the photos to the left of the person pictured. Pass the picture around and have each person write one thing they are thankful for about the person pictured on each card. End when each person has their own picture. Have them write something about themselves and then read aloud what was written about them!

▪ For Further Reading

Blogs on Gratitude

[Fostering an Attitude of Gratitude – When it Really Counts](#) – 3.24.2020

[Practical Ways to Incorporate Gratitude Part 1](#) – 4.1.2020

[Practical Ways to Incorporate Gratitude Part 2](#) – 4.16.2020

[From the Frontline – A Selfish Reason to be Thankful](#) featuring a case study with SSM Health Saint Louis University Hospital – 10.11.2017

References

[Gratitude Definition | What Is Gratitude](#) Greater Good Science Center

[What is Gratitude and Why Is It So Important? \[2019 Update\]](#) Positive Psychology

[The 3 Good Things Exercise Explained](#) by Bryan Sexton, Ph.D. MidMichigan Health



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