



G R A T I T U D E - R E S O U R C E K I T



This gratitude resource and toolkit is designed to provide you with a wide range of ways to practice and implement gratitude into your life. Centre Self Collective is inspired by the powerful research from the field of Positive Psychology and want to promote the benefits.

We encourage you to have fun with it and to consider building a habit around this practice.

About Gratitude

Taking the time to cultivate a regular gratitude practice has several benefits, including an improvement in:

- Life satisfaction
- Happiness
- Optimism
- Hope
- Positive affect
- Work performance
- Relationships
- Burnout
- Social health
- Mental health
- Emotional health



Research has demonstrated that gratitude is an emotion, a mood and a personality trait, and has further been conceptualised as a moral sentiment, a motive, a coping response, a skill, and an attitude. It is all of these and more.

Activity

30 Days of Gratitude

Write down one word each day to reflect something you are grateful for.



1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

16. _____

17. _____

18. _____

19. _____

20. _____

21. _____

22. _____

23. _____

24. _____

25. _____

26. _____

27. _____

28. _____

29. _____

30. _____



Activity

Gratitude Alphabet

This is a great exercise to do with family and a nice way to introduce the concept of gratitude to children. Think of something you're grateful for that begins with each letter of the alphabet. Families can do this as a game during a road trip, taking turns with each letter or all thinking of a unique idea for every letter.



A. _____

B. _____

C. _____

D. _____

E. _____

F. _____

G. _____

H. _____

I. _____

J. _____

K. _____

L. _____

M. _____

N. _____

O. _____

P. _____

Q. _____

R. _____

S. _____

T. _____

U. _____

V. _____

W. _____

X. _____

Y. _____

Z. _____

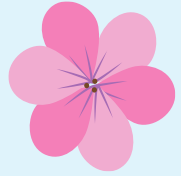




Gratitude Prompts

Try some of these conversation starters

- What is an item that you treasure?
- What is something that you might take for granted that you are grateful for?
- What was fun about today?
- What was the highlight from your day?
- Describe a mistake that you are glad you made.
- Name three things that make you happy.
- Describe a memory that you cherish.
- What's your favourite meal?
- Describe one thing you're good at.
- Describe how someone recently helped you.
- What do you love about nature?
- What opportunity are you grateful for?
- What about your body are you grateful for?
- Name a beautiful gift you have received.
- What do you love about your home?
- Name a song that makes you feel happy.
- Describe a happy moment from your week.
- When you look outside, what do you feel grateful for?
- What belonging of yours are you grateful for?
- How did you help someone today?
- Describe something beautiful around you?
- Who makes you feel loved?
- What is a memory that makes you smile?



Gratitude Prompts

Here are some more conversation starters

- Describe a texture that you love.
- Finish this sentence: Today was wonderful because...?
- What do you love about your friends?
- Describe one of your positive qualities or strengths.
- Name a thoughtful gift you gave someone.
- What's a tradition you're thankful for?
- Name a taste or flavour that makes you happy.
- What do you love about where you live?
- Who are you grateful for?
- What skills or talents do you have that you're grateful for?
- Who inspires you?
- What are you proud of?
- What do you love about the current season?
- What's a film you loved watching?
- Describe a time when a stranger helped you.
- Describe something you do every day that you're grateful for.
- Name one smell or scent that always makes you happy.
- Who would you like to thank?
- When was the last time you laughed?
- Describe a hobby or activity that makes you happy.
- Name a sound that always makes you happy.
- What did you learn today that you're grateful for?

Activity

30 Day Couple Challenge



DAY 1 Let your partner know how they helped you grow as a person.	DAY 2 Offer a small gesture of kindness to your partner.	DAY 3 Write a note to your partner about what you appreciate about them.	DAY 4 Share something that you are grateful to let go of.	DAY 5 Tell your partner about a trait that you like about them.
DAY 6 Tell your partner what you like about your house. Include a photo.	DAY 7 Let your partner know how they have helped you with something.	DAY 8 Ask your partner to teach you something and listen with true interest.	DAY 9 Share what you appreciate about the role they have in the family.	DAY 10 Share with each other something you are proud of from your day.
DAY 11 No technology at mealtime together.	DAY 12 Have a games night.	DAY 13 Create a ritual together.	DAY 14 Describe how you work well as a team.	DAY 15 Recall a memory you're grateful for in your relationship.
DAY 16 Watch your partners favourite movie.	DAY 17 Create a playlist of songs that make you both happy.	DAY 18 Make an effort to praise your partner in front of people today.	DAY 19 Tell your partner what you want to be appreciated for.	DAY 20 Listen to a guided gratitude meditation together.
DAY 21 Go for a walk and appreciate nature together.	DAY 22 Hug your partner for 60 seconds.	DAY 23 Write a thank you note for your partner.	DAY 24 Do a random act of kindness for your partner.	DAY 25 Share with your partner early memories of gratitude.
DAY 26 Share something you take for granted that you appreciate.	DAY 27 Something you are looking forward to doing together.	DAY 28 Share a challenge that you have overcome that you are grateful for.	DAY 29 Practice a guided mindfulness gratitude exercise together.	DAY 30 Share what you've enjoyed about this challenge.



Gratitude Jar Prompts

Additional gratitude prompts for your gratitude jar

I AM LOOKING FORWARD TO
Reading a book



TODAY I AM GRATEFUL FOR:
Being alive

TODAY I AM GRATEFUL FOR:

TODAY I AM GRATEFUL FOR:

TODAY I AM GRATEFUL FOR:

I AM LOOKING FORWARD TO

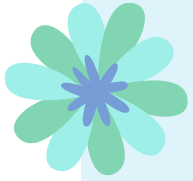
I AM LOOKING FORWARD TO

I AM LOOKING FORWARD TO

A FREEDOM I AM THANKFUL FOR

A FREEDOM I AM THANKFUL FOR

A FREEDOM I AM THANKFUL FOR



Gratitude Jar Prompts

Additional gratitude prompts for your gratitude jar

I AM LOOKING FORWARD TO
Going for a walk

TODAY I AM GRATEFUL FOR:
The sunshine



I AM GRATEFUL TO LET GO OF:

I AM GRATEFUL TO LET GO OF:

I AM GRATEFUL TO LET GO OF:



SOMEONE I APPRECIATE AND WHY

SOMEONE I APPRECIATE AND WHY

SOMEONE I APPRECIATE AND WHY



A STRENGTH OF MINE THAT I AM GRATEFUL FOR

A STRENGTH OF MINE THAT I AM GRATEFUL FOR

A STRENGTH OF MINE THAT I AM GRATEFUL FOR



Activity

Gratitude Reflection

Today's affirmation

Today I will let go of





The team at Centre Self Collective would like to thank you for taking the time to look after yourself. We support you on your journey to practice gratitude.



See more resources, products and our services at www.centreself.com.au



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