I am Grateful For:

Relationships I am grateful for:
1. 
2. 
3. 
4. 
5. 
6. 

Financial Strengths:

3 Strengths:
One overlooked blessing:

4 Positive things about my Health & Body:
1. 
2. 
3. 
4. 

People who've helped me:
1. 
2. 
3. 
4. 

Activities I enjoy:
1. 
2. 
3. 
4. 
5.
GRATITUDE

Gratitude defined
1. An inner sense or attitude of appreciation.
2. An affirmation of the goodness in one’s life.
3. A recognition that the sources of this goodness lie at least in part outside the self.
4. A recognition of the value of the gift.
5. A recognition that one is not entitled to the gift (one doesn’t deserve it, has not earned it).
6. A cross-culturally recurrent aspect of human experience.
7. A difference lens through which to view life: lens of abundance rather than scarcity; what life is offering rather than denying, life as a gift rather than as a burden.

Benefits of gratitude (research findings)
1. Maximizes enjoyment.
2. Greater positive affect: alert, energetic, attentive.
3. More and better sleep; fewer physical symptoms; more exercise.
4. Mitigates toxic emotions and states (envy, resentment, materialism, depression).
5. Contributes to resilience to stress.
6. Buffers against depression and loneliness.
7. Enhances the ability to recall positive experiences.
8. Strengthens social ties and self-worth.
9. Increases ability to attain personal goals and higher levels of meaning and purpose.
10. Catalyst for responsible, ethical behavior, acting in a generous way toward others.

What determines happiness? Research suggests:
1. 50% “set point” or genetic determinants.
2. 40% intentional activity.
3. 10% circumstances such as life events; demographics; income (above a level to meet one’s basic needs).

Gratitude is a choice. It has to be cultivated.

Gratitude journal
1. On a daily basis, record something (or a few things) for which you are grateful.
2. Keep it fresh and new; don’t use the same things over and over again.
3. Think outside the box.

Gratitude letter
1. Write a letter to someone to whom you are grateful.
2. Consider sending or giving the letter to this person.

Resource:
77 Ideas for Self-Nurturing Activities

1. Listen to my favorite music
2. Enjoy a long, warm bubble bath
3. Go for a walk
4. Share a hug with a loved one
5. Count my blessings: “I am thankful for…”
6. Exercise {of my choice}
7. Spiritual prayer
8. Attend a caring support group
9. Practice diaphragmatic breathing
10. Do stretching exercises
11. Reflect on my positive qualities: “I am…”
12. Watch the sunrise/sunset
13. Laugh
14. Concentrate on a relaxing scene
15. Create a collage representing “The Real Me”
16. Receive a message
17. Reflect on: “I appreciate…”
18. Write my thoughts and feelings in a personal journal
19. Attend a favorite athletic event
20. Practice positive affirmations
21. Read a special book or magazine
22. Sing/hum/whistle a happy tune
23. Swing/slide/teeter totter
24. Play a musical instrument
25. Spiritual meditation
26. Work with plants [gardening]
27. Learn a new skill
28. See a special play, movie or concert
29. Work out with weights/equipment
30. Ride a bike or motorcycle
31. Make myself a nutritious meal
32. Draw/paint a picture
33. Swim/float/wade/relax in a pool/on the beach
34. Do aerobics/dance
35. Visit a special place I enjoy
36. Take time to smell the roses or other flowers I enjoy!
37. Imagine myself achieving my goals and dreams
38. Go horseback riding
39. Reflect on: “my most enjoyable memories”
40. Enjoy a relaxing nap
41. Visit a museum/art gallery
42. Practice yoga
43. Relax in a whirlpool/sauna
44. Enjoy a cool, refreshing glass of water or fruit juice
45. Enjoy the beauty of nature
46. Relax outside
47. Play as I did as a child
48. Star gaze
49. Window shop
50. Tell myself the loving words I want to hear from others
51. Daydream
52. Attend a special workshop
53. Go sailing/paddle boating
54. Reward myself with a special gift I can afford
55. Take myself on vacation
56. Create with clay/pottery
57. Do something adventurous {Ex: Skydiving}
58. Pet an animal
59. Watch my favorite TV show
60. Reflect on my successes: “I can…”
61. Write a poem expressing my feelings
62. Make a bouquet of flowers
63. RELAX: watch the clouds
64. Make myself something nice
65. Visit a park/woods/forest
66. Read positive, motivational literature
67. Reflect on: “What I value most in life!”
68. Phone a special friend
69. Go on a picnic in a beautiful setting
70. Enjoy a gourmet cup of herbal tea/decaf Coffee
71. Participate in a favorite sport/game/recreation
72. Practice a relaxation exercise/listen to a relaxation tape
73. Practice the art of forgiveness
74. Treat myself to a nutritious meal at a favorite restaurant
75. Participate in a hobby
76. Smile/Say: “I LOVE MYSELF”
77. Create my own unique list of “self-nurturing” activities
Self-Soothing

A way to remember these skills is to think of soothing each of your FIVE SENSES.

With Vision:
- Look at the stars at night.
- Look at pictures you like in a book.
- Buy one beautiful flower.
- Make one space in a room pleasing to look at.
- Light a candle and watch the flame.
- Set a pretty place at the table using your best things.
- Go people-watching or window-shopping.
- Go to a museum or poster shop with beautiful art.
- Sit in the lobby of a beautiful old hotel.
- Look at nature around you.
- Walk in a pretty part of town.
- Watch a sunrise or sunset.
- Go to a dance performance, or watch it on TV.
- Be mindful of each sight that passes in front of you.
- Take a walk in a park or a scenic hike.
- Browse through stores looking at things.
- Other:

With Hearing:
- Listen to soothing or invigorating music.
- Pay attention to sounds of nature (waves, birds, rainfall, leaves rustling).
- Pay attention to the sounds of the city (traffic, horns, city music).
- Sing to your favorite songs.
- Hum a soothing tune.
- Learn to play an instrument.
- Burn a CD or make an iPod mix with music that will get you through tough times. Turn it on.
- Be mindful of any sounds that come your way, letting them go in one ear and out the other.
- Turn on the radio.
- Other:

With Smell:
- Use your favorite soap, shampoo, aftershave, cologne, or lotions, or try them on in the store.
- Burn incense or light a scented candle.
- Open a package of coffee and inhale the aroma.
- Put lemon oil on your furniture.
- Put potpourri or eucalyptus oil in a bowl in your room.
- Sit in a new car and breathe the aroma.
- Boil cinnamon, make cookies, bread, or popcorn.
- Smell the roses.
- Walk in a wooded area and mindfully breathe in the fresh smells of nature.
- Open the window and smell the air.
- Other:

With Taste:
- Eat some of your favorite foods.
- Drink your favorite soothing drink, such as herbal tea, hot chocolate, a latte, or a smoothie.
- Treat yourself to a dessert.
- Eat macaroni and cheese or another favorite childhood food.
- Sample flavors in an ice cream store.
- Suck on a piece of peppermint candy.
- Chew your favorite gum.
- Get a little bit of a special food you don't usually spend the money on, such as fresh-squeezed orange juice or your favorite candy.
- Really taste the food you eat. Eat one thing mindfully.
- Other:

With Touch:
- Take a long hot bath or shower.
- Pet your dog or cat.
- Have a massage. Soak your feet.
- Put creamy lotion on your whole body.
- Put a cold compress on your forehead.
- Sink into a comfortable chair in your home.
- Put on a blouse or shirt that has a pleasant feel.
- Take a drive with the car windows rolled down.
- Run your hand along smooth wood or leather.
- Hug someone.
- Put clean sheets on the bed.
- Wrap up in a blanket.
- Notice touch that is soothing.
- Other:

POSITIVE SELF-STATEMENTS

Read these statements every day until they become part of your thinking. Do NOT memorize them. Think straight and you will feel great.

1. I am a unique and precious human being, always doing the best I can, always growing in wisdom and love.

2. I am in charge of my own life.

3. My #1 responsibility is my own growth and well-being. The better I am to me, the better I will be to others.

4. I refuse to be put down by the attitudes or opinions of others.

5. I make my own decisions and assume the responsibility of any mistakes. However, I refuse to feel shame or guilt about them.

6. I am not my actions. I am the actor. My actions may be good or bad. That doesn't make me good or bad.

7. I am not free as to the things that will happen to me. But I am 100% free as to the attitude I have towards these things. My personal wellbeing or my suffering depends on my attitudes.

8. I do not have to prove myself to anyone. I need only to express myself as honestly and effectively as I am capable.

9. I am free of animosity or resentment.

10. My emotional well-being is dependent primarily on how I love me.

11. I am kind and gentle towards me.

12. I live a day at a time, do first things first.

13. I am patient and serene for I have the rest of my life in which to grow.

14. Every experience I have in life (even the unpleasant ones) contributes to my learning and growth.

15. No one in the world is more important than I as a person.

16. My mistakes and non-successes do not make me a louse, a crumb or whatever. They only prove that I am imperfect, that is, human. And there's nothing wrong with being human.
FIVE FINGER EXERCISE

The following exercise has been used very effectively for relaxation. Memorize the following steps, and then enter hypnosis.

Touch your thumb to your index finger. As you do so, go back to a time when your body felt healthy fatigue, when you had just engaged in an exhilarating physical activity. You might imagine that you had just played tennis, jogged, etc.

Touch your thumb to your middle finger. As you do so, go back to a time when you had a loving experience. It may be sexual, it may be a warm embrace, or an intimate conversation...

Touch your thumb to your ring finger. As you do so, go back to the nicest compliment you have ever received. Try to really accept it now. By accepting it, you are showing your high regard for the person who said it. You are really paying him or her a compliment.

Touch your thumb to your little finger. As you do so, go back to the most beautiful place you have ever been. Dwell there for awhile.

The five finger exercise takes less than ten minutes, but it pays off with increased vitality, inner peace and self esteem. It can be done at any time you feel tension.