



## ACTIVITY: Gratitude Practice

Gratitude not only reduces stress, but also plays a major role in overcoming trauma.

You cannot be grateful and fearful at the same time.

### I am so grateful for...

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

### Imagine it is one year from now. I am so grateful that...

- 1.
- 2.
- 3.

### Plan for Gratitude: Practice

*Examples:*

- *Daily gratitude journal*
- *Send a thank you note/ text*
- *Set an appreciation timeframe while in the shower, waiting in line, or taking a walk*
- *While eating with loved ones, everyone identifies one thing they are grateful for*
- *Mentally list three things you're grateful for morning and night*