

Psych for Life®



JOURNEY
TO
GRATITUDE



WELCOME TO THE PSYCH FOR LIFE® JOURNEY TO GRATITUDE!

This guide will help you:



Benefit from **feeling & expressing gratitude** to ourselves & others.

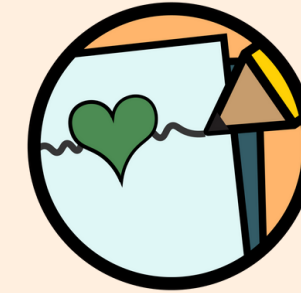
GRATITUDE CAN BE:

A feeling



A mood that we experience.

An expression



Actions or words we use to show thankfulness.

A trait



A characteristic that helps us notice things to be thankful for.

Throughout the course of the module, you will watch videos on your own and follow along on this guide to help you learn about gratitude with science-based activities and tips.

Developed by Psych for Life® within the ASU Department of Psychology.

Even when being thankful feels hard, gratitude positively affects us:

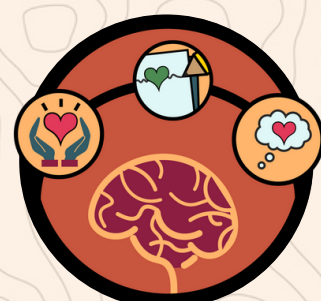
(1) Try out the simple Gratitude Journal.



(2) Learn to feel and express gratitude.



(3) Learn how to make gratitude a habit.



1



Physically



Mentally



Socially

2



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The Simple Gratitude Journal

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WHAT ARE 3 THINGS YOU'RE GRATEFUL FOR?

Fill out a section **everyday** with **three things you are grateful for** for **the next five days**.

Day 1

1

2

3

Day 2

1

2

3

Day 3

1

2

3

Day 4

1

2

3

Day 5

1

2

3



WRITE A GRATITUDE LETTER.

Remember, there are many ways you can write a gratitude letter. It can be as short or as long as you would like it to be.

This page shows three examples of what a gratitude letter can look like.

Example 1

Dear Mom,

Thank you for being a great parent. I appreciate when you fix my car because without it, I can't get to work or spend time with my friends.

I love you,
Alex

Example 2

Dear Taylor,

Thank you for being a thoughtful friend. I really like the rug you gave me because it fits very well in my dorm room.

See you soon,
Robin

Example 3

Dear Dr.Grey,

Thank you for being a helpful mentor. I am grateful for your advice about reaching out to my grandparents because I am motivated to reconnect with them.

Sincerely,
Avery



WRITE A GRATITUDE LETTER.

Use this template to write a draft of your gratitude letter.

Dear [1],
name of recipient (e.g., Dana)

Thank you for being a(n)

[2] [3]
Adjective that describes recipient (e.g., helpful) *recipient's role in your life (e.g., daughter)*

[4] I am grateful for... I appreciate when...
 I like how... Other: []
Phrase to describe your feeling (e.g., I appreciate when...)

[5]
Write what you're grateful for. (e.g., you help with chores without asking)

[6]
Write how you're grateful. (e.g., because it gives me time to relax)

[7]
letter closing (e.g., Love)

[8]
your name (e.g., Mom)

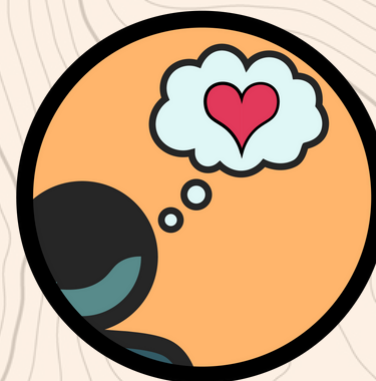


WRITE A GRATITUDE LETTER.

Use this blank fillable card to write your gratitude letter.
Feel free to print this page, cut out the card and give it to the recipient.



Thank you.



Find gratitude in the moment.

Different things help different people feel gratitude. Pick the easiest to start with -- it can be as simple as grateful thinking!

Pick your favorite ways to feel gratitude in the moment.

Remember to find things to be grateful for no matter where you are!



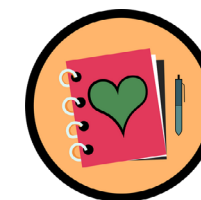
Going outdoors

- Looking at pictures of nature.
- Sitting at a park
- Walking
- Other:



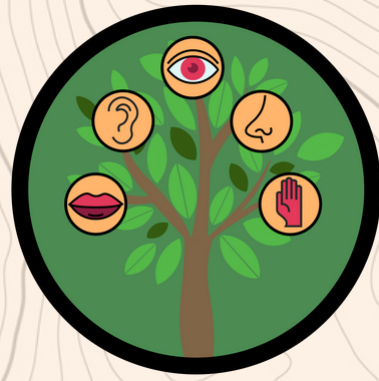
Building social connections

- Holding the door for someone
- Learning your store clerk's name
- Volunteering
- Other:



Practicing intentional thoughts

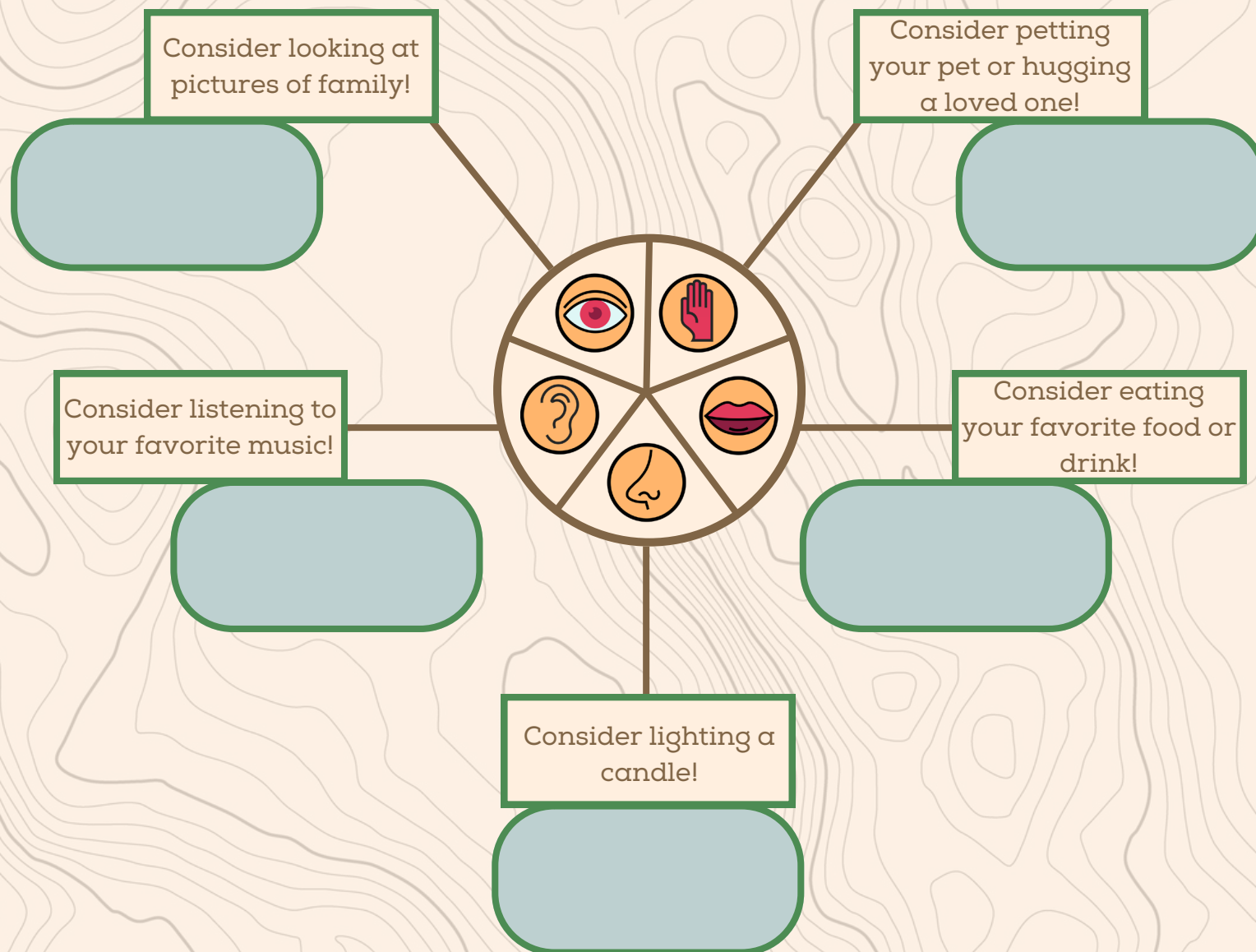
- Grateful thinking
- Journaling
- Writing letters
- Other:



Find gratitude by grounding.

You can use your senses to get better at noticing what you're grateful for.

Choose any of the five senses to identify things to be grateful for. We wrote down some ideas for you to try. Write down your own examples for each of the five senses in the boxes.



Express gratitude to others.

Expressing gratitude can benefit ourselves & others.

Strangers

Random acts of kindness

Pick any random act of kindness you can do today.

- Smile at others.
- Hold a door open for someone.
- Leave a good review for a local business.
- Donate items to a local shelter.
- Volunteer.
- Other:

Communal Relationships

Share what you appreciate

1. Think of one person you can express your appreciation to today.

2. What will you say to them?



Express gratitude to ourselves.

In addition to expressing gratitude to other people, we also need to appreciate ourselves.

In each box below, right down something you appreciate about yourself.



Physically

Today, I'm proud of myself because I...

Today, I'm grateful that I was able to...



Professionally

Today, I'm proud of myself because I...

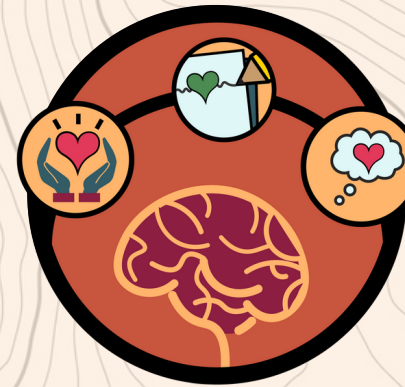
Today, I'm grateful that I was able to...



Personally

Today, I'm proud of myself because I...




Today, I'm grateful that I was able to...



Build your gratitude habits.

Cues in our environment remind us to engage in different behaviors.

Choose the cues that will prompt you to practice gratitude.

 Visual Cues	I will think of things to be grateful for when I see...	<input type="checkbox"/> Nature (e.g., trees, plants, etc.). <input type="checkbox"/> People. <input type="checkbox"/> Animals. <input type="checkbox"/> Other: <input type="text"/>
 Temporal Cues	I will look for things to be grateful for right after I...	<input type="checkbox"/> Leave for or get home from work/school. <input type="checkbox"/> Sit down to eat. <input type="checkbox"/> Get ready for bed. <input type="checkbox"/> Other: <input type="text"/>
 Social Cues	I will express gratitude when I am with...	<input type="checkbox"/> Friends. <input type="checkbox"/> Family. <input type="checkbox"/> Coworkers. <input type="checkbox"/> My significant other. <input type="checkbox"/> Strangers.



Thank you

Psych for Life®



FROM THE PSYCH FOR LIFE® TEAM
WE ARE GRATEFUL FOR YOU.



Thank you for starting this gratitude journey with us!

Thank you for your hard work! We hope this **Gratitude Module** helps you along your path. Our team strives to help provide the tools to develop personal growth, healthier relationships and career success.

Acknowledgements to Arizona State University:

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WE'D LOVE TO HEAR FROM YOU!

Please contact us at hello@psych4life.net with any questions or comments you may have.