



THE  
*Gratitude*  
PLAN

CHECKLIST

## **Defining Gratitude**

- ☐ Gratitude is a state of being
  - ☐ Extremely complex and dynamic
  - ☐ Contributes to relationship satisfaction
- ☐ Gratitude is an emotion
  - ☐ A personally meaningful experience
  - ☐ Different from a mood
  - ☐ An empathic emotion

## **Gratitude in Society**

- ☐ Plays a seminal role in shaping your destiny
- ☐ Ways to find gratitude vary
- ☐ Gratitude Today
  - ☐ Often pursued through materialism
  - ☐ Viewed from a use-and-discard perspective
  - ☐ Gratitude is contagious
  - ☐ Can bring you happiness

## **Gratitude in Relationships**

- ☐ Make the mistake of the assumption error
  - ☐ We make assumptions
    - ☐ Others know what we think and feel
    - ☐ Believe others should know what we are thinking
- ☐ Many go through life on autopilot
  - ☐ We put little thought into our daily lives
    - ☐ Too busy making lists and future plans
  - ☐ Have stopped being consciously aware
- ☐ Communicating Gratitude
  - ☐ Sharing gratitude nurtures relationships
  - ☐ Verbally convey gratitude to foster connections
    - ☐ Through observation
    - ☐ Through feeling
    - ☐ Through need
  - ☐ Letting someone know you notice can make a difference
  - ☐ You have to acknowledge that you need others
  - ☐ Show gratitude for the things others do for you
  - ☐ Show gratitude for the things others say to you
  - ☐ Show gratitude for who someone is as a person

## **The Power of Positive Emotions and Gratitude**

- ☐ Happiness isn't an unrealistic desire
- ☐ Half of your happiness levels are based in genetics
  - ☐ Another 10 percent is determined by your life circumstances
  - ☐ Leaving 40 percent based on your behavior
- ☐ Can reduce frequency and duration of depression
- ☐ Can block negative and unpleasant emotions
- ☐ Can help you keep things in perspective
- ☐ Keeps you from getting stuck in negative emotions
- ☐ Gratitude has many benefits
  - ☐ Increase capacity for experiencing positive emotions
    - ☐ Love
    - ☐ Compassion
    - ☐ Humility
    - ☐ Comfort
    - ☐ Passion
    - ☐ Confidence
  - ☐ More resilient and resistant to stress
  - ☐ More capable to get through difficult times
  - ☐ Helps you find strength
- ☐ Gratitude can be learned
- ☐ Can choose to not become overwhelmed with challenges

## **Mindfulness, Meditation, and Gratitude**

- ☐ Often adopt someone else's emotional story
  - ☐ We pick up habits and behaviors of those we're closest to
  - ☐ Benefit from being aware of it
  - ☐ Build awareness through mindfulness
- ☐ Mindfulness is paying attention on purpose
  - ☐ Bringing your full attention to the details of your experiences
  - ☐ Notice the experience in the moment
- ☐ Practicing mindfulness has many benefits
  - ☐ Help treat and prevent depression
    - ☐ Changes the imbalance of the chemical circuitry in the brain
    - ☐ Shift you out of negative thought patterns
  - ☐ Enhances the body's general functioning
    - ☐ Promotes healing
    - ☐ Improves immune response
    - ☐ Improve stress reactivity
    - ☐ Provides general sense of well-being

- ☐ Can practice mindfulness through meditation
- ☐ Can practice gratitude meditation
  - ☐ Can start feeling more contented with life
  - ☐ Helps you achieve a deep state of relaxation
  - ☐ Makes you feel good

### **Unbalanced Gratitude**

- ☐ Missed opportunities for gratitude
- ☐ False expressions of gratitude
- ☐ Superficial gratitude
  - ☐ Not genuine or from the heart
  - ☐ Occurs when there is a public expectation
  - ☐ Rarely makes you feel good
  - ☐ Often associated with resentment and anxiety
- ☐ Obligatory Gratitude
  - ☐ Feel the need to say thanks for a kindness not wanted

### **How Gratitude Empowers**

- ☐ Helps both psychologically and physically
  - ☐ Allows one to become happier and more positive
    - ☐ Boost immunity levels
    - ☐ Reduce occurrence of illness
    - ☐ Live a more active life
    - ☐ Become more optimistic
    - ☐ Become more thankful
    - ☐ Gain energy
    - ☐ Find the meaning in life
    - ☐ Become more social

### **How to Learn Gratitude**

- ☐ Master gratitude with practice and discipline
- ☐ Realize that there is always something to be grateful for
- ☐ Grateful people have some common behaviors
  - ☐ Realistic expectations of life
  - ☐ Unconditionally happy
  - ☐ Know that the good comes with the bad
  - ☐ They are optimistic

## **Developing Gratitude Habits**

- ☐ Can take time to develop a new habit
- ☐ Requires support and encouragement
- ☐ Practice giving
  - ☐ Switch from an attitude of entitlement
  - ☐ Engage in activities that focus on sharing, giving, and connecting
- ☐ Writing Gratitude
  - ☐ Write thank-you notes
    - ☐ Positive step in developing gratitude

## **Cultivating Gratitude**

- ☐ Practice gratitude meditation
- ☐ Start writing in a gratitude journal
- ☐ Practice gratitude breathing exercises
- ☐ Set gratitude reminders
- ☐ Practice gratitude with your family
- ☐ Write a gratitude letter
- ☐ Write thank you notes