



7 Days of Gratitude

Seven days worth of ideas for adding
gratitude into your life.

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DAY #1: SMALL DELIGHTS

"A multitude of small delights constitute happiness"

Charles Baudelaire

Find gratitude for small delights today. Try any or all of these ideas:

1. Look for natural beauty throughout the day - the light shining through the trees, the sound of wind, the smell of leaves. Whenever you notice something, internally say "thank you" to nature for being so beautiful.
2. Wear your warmest, fuzziest socks, light a delicious candle, pet your cat, make your son laugh - let the delight you experience be your gratitude for today.
3. Create a small delight for someone else: bring their favorite coffee, send a hilarious YouTube video, offer a gorgeous flower. Bask in gratitude for having someone to delight, and the ability to do so.

"Enjoy the little things, for one day you may look back and realize they were the big things."

Robert Brault

DAY #2: YOUR IMPACT

"A life is not important except in the impact it has on other lives." Jackie Robinson

You have an effect on everyone around you - see only the best in everyone today. Try any or all of these ideas:

1. Look for ways people are helping you today - while out and about, at work, at home, online - and say thank you as often as you can.
2. Write a short note or email to someone you care about thanking them for one of their natural qualities or characteristics. (Or call them or tell them in person - the delivery is completely up to you!)
3. Pick someone you don't particularly like and challenge yourself to list out 25 reasons why they are pretty great. Find the gratitude in your ability to see the best in people when asked.

"The way to develop the best that is in a person is by appreciation and encouragement."

Charles Schwab

DAY #3: HAVING ENOUGH

*"'Enough' is a feast."
Buddhist proverb*

Cultivate gratitude for having enough of everything you need.
Try any or all of these ideas:

1. Look for ways that you have enough right now - air, shelter, water, love, clothing, food - and keep a record of it today. For example, you have enough vision & literacy to read this, enough computer skills, internet access, etc. to have obtained it. Write down the hundreds of ways you have enough for today.
2. Choose a meal and eat exactly "enough" - where you are not hungry and not stuffed - and give thanks for your body's amazing ability to give you feedback on what's enough.
3. Think of something you always want more of - money, sleep, chocolate, sex, fame, appreciation (whatever it is for you) - and list out ten ways that you have enough of that in your life right now. (This one can be hard but fun!)

*"Whoever is not in his coffin and the dark grave, let him
know he has enough."*

Walt Whitman

DAY #4: MISTAKES

"A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing." George Bernard Shaw

Instead of blaming yourself or getting angry about mistakes, let's try bathing them in gratitude. Try any or all of these ideas:

1. Look back on any "mistakes" you made this year, and see if you can find anything good that came out of them. Take a minute to feel grateful for not being perfect in the moment you made the "mistake."
2. If you believe someone around you is making a mistake with their lives, take it as an opportunity to feel gratitude for not having to make that choice yourself. (You could also do this with politicians or celebrities you disagree with.)
3. Research famous "mistakes" that turned out to have a huge positive impact on the world, and write a short note of thanks to the person who made the mistake. (It's okay if they are dead, you don't have to send it.) The pacemaker, for example, was created by mistake.

"I've come to believe that all my past failure and frustration were actually laying the foundation for the understandings that have created the new level of living I now enjoy."

Tony Robbins

DAY #5: CELEBRATION

"In life, one has a choice to take one of two paths: to wait for some special day--or to celebrate each special day." Rasheed Ogunlaru

Today is a double dose of gratitude - celebration and gratitude for it! Try any or all of these ideas:

1. Celebrate being alive today. Use eating and drinking as a reminder to celebrate - each time you take a sip of coffee, for example, take a second to celebrate the fact that you can.

2. Plan a celebration of someone for something unexpected - pick something about them that you are grateful for and plan a celebration around it. (For example, the "you give the best dating advice" lunch celebration.) Bonus - bring a thank you note.

3. Plan a celebration of your own life. Get dressed up, cook yourself a lovely meal, or just take the evening off to celebrate the many, many ways your life has been wonderful up to this point.

"there is nothing more beautiful in life than celebrating the talents, dreams, joys, and accomplishments of another being to see - and call attention to - the best in someone else..."

— Kate Mullane Robertson

DAY #6: ABUNDANCE

"Gratitude is a currency that we can mint for ourselves, and spend without fear of bankruptcy." Fred De Witt Van Amburgh

Since you've already mastered the art of enough, step it up to recognize your abundance. Try any or all of these ideas:

1. Create an abundance collage. Rip out pictures from magazines (or create a Pinterest board!) of abundance that you already have. Air, water, love, natural beauty, things, money - create a visual representation and check it whenever you need a shot of gratitude.
2. Set a reminder once an hour today and spend ten seconds giving (silent) thanks for the wild abundance of air there is to breathe, or beauty there is to witness, or love there is to feel.
3. Give something from a place of abundance. Maybe you can give money, or time, or things. Maybe you can give love, listening, or a smile. Choose something today that you feel abundant about and give some to someone else.

"Plant seeds of happiness, hope, success, and love; it will all come back to you in abundance. This is the law of nature."

Steve Maraboli

DAY #7: BEING PRESENT NOW

"This a wonderful day. I've never seen this one before." Maya Angelou

Right now is the only moment that actually exists - may as well spend it in gratitude! Try any or all of these ideas:

1. Sometime today, try Eckhart Tolle's exercise for being present - close your eyes and ask yourself how you know you have hands. Let the awareness of the moment be an act of gratitude.
2. Spend two minutes sensually experiencing something naturally beautiful today (the sound of birds, the feel of grass, the sight of a candle flame, the smell of lime, the taste of an apple) and let your presence with it be filled with gratitude for both it and your ability to perceive it.
3. Allow yourself to feel exactly what you are feeling now, in this moment. Give yourself permission to feel anger, disappointment, joy, or anything that comes up for ninety seconds. Then, spend a moment in gratitude for being human and having feelings.

"Life is a series of natural and spontaneous changes. Don't resist them; that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like." Lao Tzu



Thank You!



I'm Liz Connors, and I'm grateful for you downloading this guide and trying it out.

I'd love to hear how it worked for you - send me an email at liz@soul-warriors.com and let me know. If you'd like more free guides, or would like to learn more about working with a life coach, please check out soul-warriors.com.

"Gratitude and attitude are not challenges; they are choices." Robert Braathe