

# WEEK FOUR

## GRATITUDE PRIME

### PRIMING AN ATTITUDE OF GRATITUDE

Before I ask you to dive into this week's activities, **I want to acknowledge all the amazing effort you've been putting into transforming yourself through gratitude.**

**Shifting your mindset is no small task.** I know from personal experience that there are plenty of hard days sprinkled in among the good ones – days when you might even question whether or not the process is working at all.

And yet, here you are at the start of a brand new week, ready to put in the work and keep moving forward. **I am so proud of you for following through on your commitment to this process!**

The first activity of the week is one of the most important of this entire journey. **It is time to thank yourself for showing up.** It is time to say thank you for valuing yourself enough to prioritize the habits that lead to a life of greater fulfillment and happiness. Thank yourself for the effort you have put into this process and recommit to seeing it through until the end.

Once you finish that first exercise, I want you to **sit with what you wrote for a bit.** Imagine your closest friend had written those words to you and let the full weight of the kindness and beauty you've just shown yourself sink in. Then, and only then, move on to the rest of the week.

As always, I also want to touch base just briefly about how to approach the recurring activities as we move ahead.

*(continued on the next page)*

**By now, I suspect you are very comfortable with the layout and instructions of the Habit Builder exercises from previous weeks.**

From this point forward, your goal is to incorporate these practices more seamlessly into your day. You do not need to fill out specific worksheets for those activities any longer, but it is still very important that you touch on them throughout the week and add the activity to your tracker.

**Pace yourself with little doses every day. Turning these habits into second nature is where the long-term shift in attitude is rooted!**

For your reference, here are the Habit Builder activities we have undertaken so far, including a new one I am adding from last week:

- 1) Stop. Notice. Appreciate.
- 2) Reframing from Negative to Positive.
- 3) 'Focus on the Positives' Conversations.
- 4) **Write one heart-felt note of gratitude to one person.** It doesn't have to be long, but it does need to be specific and genuine. (For an optional, but special added touch, make it hand-written.)

Because the note of gratitude is particularly significant, it gets its own symbol. Every time you share a note of gratitude with someone, add this symbol to your Accountability Tracker:



NOTE OF GRATITUDE

**Keep up the outstanding work, beautiful soul! You are doing extraordinary things!**

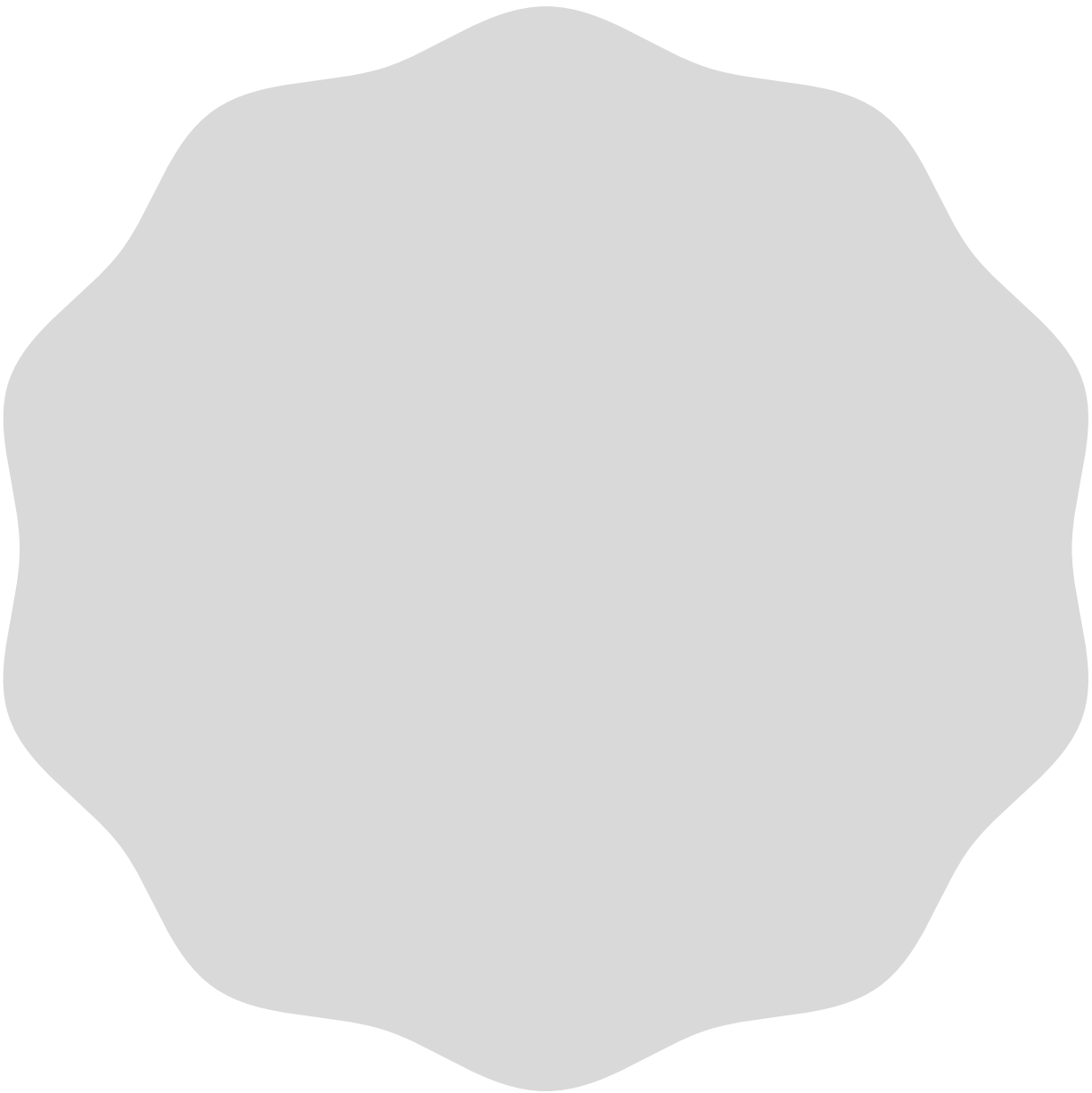
**Next Steps:** Complete Worksheet 22 on the next page in your own time and when you're ready, listen to this week's Food For Thought mini podcast episode if you haven't already.



# WORKSHEET 22

REFLECTION: A LITTLE LOVE NOTE

**INSTRUCTIONS:** Write yourself a thank you note full of love and appreciation. Make your note specific, heart-felt and personal! Artistic touches are hugely encouraged if you're feeling it! Be sure to acknowledge your struggles and thank the part of yourself that loves you enough to keep on going. Commit to seeing this journey through to the end!





# WORKSHEET 23

## GUIDED MEDITATION: PRIMING GRATITUDE

**INSTRUCTIONS:** To complete this exercise, you will need about 20 minutes of quiet, uninterrupted time for yourself. When you are ready, begin by noting your mental and emotional state before listening to the guided meditation in the space provided below. Then, listen to the **'Priming Gratitude' Meditation** found through the link in your **Week Four Email**.

Afterward, without rushing, give yourself a few minutes to check in with your body and then continue with your reflections.

### GUIDED MEDITATION: PRIMING GRATITUDE

BEFORE I FELT...

AFTER I FELT...



TIME OF DAY

REFLECTIONS AND INSIGHTS

**Next Steps:** There's no rush to move on! Enjoy any relaxation or peace you might have found through this meditation. When you do eventually feel ready to move on, watch this week's 'Going Deeper' video.

LifescapeVisionary.com | © 2020 Jennifer Wade

# MID-WEEK MINI CHALLENGE

## HOW TO

**Your Mid-Week Mini Challenge is to create a morning gratitude ritual** of not more than ten minutes that you will commit to following every morning. **This ritual primes you for an attitude of gratitude from the very start of your day.**

In Worksheet 24 on the next page, I outline a basic morning ritual for you to start with, **but the intention is that this is something you will make your own over time.**

**For now, take the extra step of writing each item down on the worksheet** so that you can reference it later in the day if you need to. As always, the long-term goal is to reach the point where this is something you do naturally.

If you have a habit of waking up to an alarm and immediately turning your attention to the day ahead, sticking to your morning ritual may be challenging at first, but it will get easier! If you feel pressed for time in the morning, consider setting your alarm ten minutes earlier to make space for this important practice. **The reward of creating a routine like this sends positive ripples throughout your day.**

**Commit to practicing this ritual as close to daily as possible for the remainder of this course.** This small practice makes such a big difference and you can do it before you've even gotten out of bed!

**Next Steps:** Come back at the end of the week and listen to your 'Release and Re-Center' meditation that goes along with Worksheet 25.



# ★ WORKSHEET 24

## MID- WEEK MINI CHALLENGE: MORNING GRATITUDE RITUAL

**INSTRUCTIONS:** Use this worksheet as a template for creating your own personal morning gratitude ritual. Aim to keep the ritual to 8-10 minutes long. As you practice this ritual over time, allow it to change and adapt to whatever feels right for you.

**1. Take three slow breaths and connect with one of your five senses. Quietly offer thanks for that sensory experience.**

I felt/heard/saw, etc. ...

**2. Take a moment to deeply connect with three things you are grateful for.**

Something Simple

[Grey box for writing something simple]

A Person in Your Life

[Grey box for writing a person in your life]

Something About Yourself

[Grey box for writing something about yourself]

**3. Commit to one kindness you will do for yourself today that you will be grateful for having done later.**

[Large grey box for writing a kindness]

**4. Set an intention for yourself that will give more meaning to the day.**

My intention for this day is to ...

[Grey box for writing an intention]

**5. Conclude with several minutes of mindful breathing.**



# WORKSHEET 25

## GUIDED MEDITATION: RELEASE AND RE-CENTER

**INSTRUCTIONS:** To complete this exercise, you will need about 20 minutes of quiet, uninterrupted time for yourself. When you are ready, begin by noting your mental and emotional state before listening to the guided meditation in the space provided below. Then, listen to the **'Release and Re-Center' Meditation** found through the link in your **Week Four Email**.

Afterward, without rushing, give yourself a few minutes to check in with your body and then continue with your reflections.

### GUIDED MEDITATION: RELEASE AND RE-CENTER

BEFORE I FELT...

AFTER I FELT...



TIME OF DAY

REFLECTIONS AND INSIGHTS

**Next Steps:** Sometime before the start of the next week, find a quiet place and complete Worksheet 26 on the next page.



# WORKSHEET 26

END OF THE WEEK REFLECTION: PROGRESS REPORT

**INSTRUCTIONS:** Take some time to reflect on how your attitude and way of seeing the world is changing. Write down any specific examples that come to mind and any wins that stand out from your journey so far. Then, reflect upon any challenges you are experiencing. Are you resisting parts of the process? How and why might that be? Write down a few ideas for overcoming any resistance you are experiencing.

HOW AM I CHANGING?

HOW AM I RESISTING CHANGE?



# NOTES

THERE ARE NO RULES HERE - JUST YOU AND THE PAGE!



---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---