

Landscape Visionary

DEEPENING GRATITUDE

A 7-WEEK SHIFT TOWARD HAPPINESS AND FULFILLMENT

LOVINGLY CREATED BY JENNIFER WADE

DO SOMETHING
TODAY THAT
YOUR FUTURE
SELF WILL THANK
YOU FOR.

ANONYMOUS

A NOTE FROM JENNIFER

WELCOME, BEAUTIFUL FRIEND!

Gratitude is one of the practices I hold most dear to my heart. It powerfully shapes my attitude toward the people and moments that make up the story of my life. The fact that you also want to explore this beautiful way of being is precious to me! I welcome you with arms wide open!

It is well known that spiritual practices the world over embrace gratitude as an essential component of feeling happy and more connected to the world around us. Interestingly, scientific research and study is actively validating that sense of well-being experienced by those who cultivate an attitude of gratitude. In other words, you don't need to be 'spiritual' to experience the positives of gratitude. You just need to be human!

Creating this course was born from my deep desire to share a way into this beautiful practice with those who are called to experience it. Whether or not you are new to the idea or you are experienced with your own practice, I sincerely hope you find something of beauty and value here. It has been a joy for me to create this course for you!

Thank you for being here, my new friend, and welcome!

XOXO, Jennifer

INTRODUCTION

THE LAY OF THE LAND

This workbook is meant to be used in tandem with the online email installments you will be receiving each week as part of your Deepening Gratitude journey. All the exercises and journal prompts are contained in this workbook, but important supplementary material will be provided through the links in your weekly email. Be sure to check your filter settings so that you can be confident in receiving all the important elements of this course.

Each activity leads you to the next through the 'Next Steps' recommendations, but there is no set schedule for what you must do each day. In that sense, the timing is meant to be self-guided. If you are feeling really motivated one day, do as much as you like. If you need to take a day or two off, that's OK, too. I simply recommend that you try to wrap up the week's activities within the same week that you started them.

As always, I am so grateful that you have chosen to let me act as a guide for you on this journey. I feel a responsibility to serve you to the best of my ability because I know how important gratitude is for cultivating a rewarding and fulfilling life. I have designed this course with great love to offer you the very best of my experience.

If you need support along the way, please feel free to join the Lifescape Visionary Community on Facebook to connect with others (and me!) who are walking a similar path.

I can't wait for you to get started! Are you ready, my friend? No time like the present to dive in!

GETTING STARTED

FRAME OF MIND CHECKLIST

INSTRUCTIONS: Take some time to look through this workbook to get a sense of the types of exercises and reflective work you will be doing. Then, before you dive in each week, use this checklist to help make sure you are in the right head and heart space for the material. When you're ready, take a deep, nourishing breath and let's get started!

- FIND A COMFY, QUIET SPACE
- CREATE SOME DISTANCE FROM YOUR ELECTRONIC DEVICES OR OTHER DISTRACTIONS
- GIVE YOURSELF PLENTY OF TIME TO CONNECT WITH THE MATERIAL
- SET A LOVING, WHOLE-HEARTED INTENTION FOR TODAY'S PART OF THE JOURNEY
- BE PATIENT WITH YOURSELF
- THANK YOURSELF FOR THIS ACT OF SELF-LOVE
- TAKE A FEW DEEP BREATHS
- ENJOY THE JOURNEY!

WEEK ONE

TAKING STOCK

HOW DOES GRATITUDE FIT INTO YOUR LIFE?

This first week is all about taking stock of your current relationship with gratitude. You'll reflect upon your reasons for taking this course and the vision of how you want to be changed through gratitude. You will also start taking some small, but practical steps to build real fluency with practicing gratitude. The idea is to build a solid foundation from which you can expand your practice well into the future.

Although your first exercise in the workbook is to answer the reflections on pages 9-10, you'll notice that immediately following this introduction is the Accountability Tracker. It is included in the Week One section of the workbook, but this tracker is something you will return to throughout all seven weeks. It is designed to help you track your feelings and your practices every day. Instructions on how and what to track are on the next page,

Last but not least, if you haven't already, I'd encourage you to start by listening to the Food-For-Thought Mini Podcast episode found through the link in your Welcome Email. After that, when you are ready, come back to the workbook for a little reflection time to get you thinking about what ignites gratitude in you and what goals you would like to set for the outcome of this journey.

Most importantly, set the intention of being open to this process and see where it goes. In the meantime, be well, beautiful soul – and enjoy the process!

ACCOUNTABILITY TRACKER

HOW TO

You are probably already well aware of the benefit of being held accountable for any commitment you make, especially those that involve attempting something completely new or developing a brand new habit. Being held accountable has been shown to significantly improve outcomes time and time again.

The Accountability Tracker in this course is designed to help you remain accountable to yourself by tracking your practices and progress over your Deepening Gratitude journey. By remaining faithful to tracking your activities, you'll start to experience an intrinsic kind of motivation to keep going. Another powerful benefit of tracking is that it holds the potential to offer you deep insights about yourself through your emotional and behavioral patterns. Looking at the big picture of your journey after it is all over can reveal some very interesting things!

Using this Accountability Tracker is straightforward. Each kind of activity is assigned its own symbol. When you see one of the symbols on a workbook page, be sure to add it to your tracker when you do that activity. If you do any of the activities multiple times, just add the symbol to the chart each time you do the activity.

For now, we'll start with the symbols below. At the end of each day, choose the emotional state that best represents that day and add it to your tracker. Add in any activity symbols, as appropriate, and that's it! Simple, right?



MEDITATION



MINI CHALLENGE



EMOTIONAL STATE



AUDIO/VIDEO
TALKS



REFLECTIONS

ACCOUNTABILITY TRACKER

SYMBOL KEY

As the weeks progress, you will be introduced to new types of activities, each with their own Accountability Tracker symbol. As you work through these activities, add the corresponding symbol to your tracker and watch as your daily record begins to fill up.

Use this list as a quick reference guide to help you keep an accurate record of all the important effort you are putting into your gratitude practice.



EMOTIONAL STATE



REFLECTION



'FOOD FOR THOUGHT' & 'GOING DEEPER'
AUDIO/VIDEO



MEDITATION



MINI CHALLENGE



HABIT BUILDER



NOTE OF GRATITUDE



MORNING RITUAL



ACCOUNTABILITY TRACKER

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	DATE			
TUES	DATE			
WED	DATE			
THURS	DATE			
FRI	DATE			
SAT	DATE			
SUN	DATE			



ACCOUNTABILITY TRACKER

WEEK 5

WEEK 6

WEEK 7

MON

DATE

TUES

DATE

WED

DATE

THURS

DATE

FRI

DATE

SAT

DATE

SUN

DATE



WORKSHEET 1

REFLECTION: FIRST STEPS

QUESTION #1: What are my reasons for taking this course?

QUESTION #2: When was the last time I felt a deep sense of gratitude and what was the circumstance?

QUESTION #3: What kinds of things prompt feelings of gratitude in me?



WKSHT 1, CONT.

QUESTION #4: What do I want to take away from this journey? Start at the big-picture level and then get more specific.

QUESTION #5: What are the obstacles standing in the way of achieving my vision?

QUESTION #6: What touchstone or idea will I keep in my heart to motivate me during the times when I might feel discouraged or distracted?

Next Steps: Time to give yourself some breathing room! Come back tomorrow and listen to your first guided meditation, 'Connecting to the Heart' found through the link in your Week One Email.



WORKSHEET 2

GUIDED MEDITATION: CONNECTING TO THE HEART

INSTRUCTIONS: To complete this exercise, you will need about 20 minutes in total 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 '**Connecting to Your Heart**' Meditation found through the link in your **Week One Email**.

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



GUIDED MEDITATION: CONNECTING TO THE HEART

BEFORE I FELT...

AFTER I FELT...



TIME OF DAY

REFLECTIONS AND INSIGHTS

Next Steps: When you feel ready to keep going, go to the next page and answer the questions in Worksheet 3.



WORKSHEET 3

REFLECTION: PERSONAL GRATITUDE SURVEY (BEFORE)

INSTRUCTIONS: Answer the following survey as honestly as you are able so that you can compare your answers here at the beginning of the course with those after you have completed the seven weeks. Once you have finished the survey, take some time to sit with your answers to see if any insights emerge from the experience.

I HAVE A SENSE OF MEANING AND PURPOSE IN MY LIFE.

- Absolutely!
- More or less, yes.
- I am struggling with that.
- I feel very lost and disconnected.

I NATURALLY FIND MYSELF FEELING GRATEFUL:

- Daily
- Weekly
- Monthly
- Rarely

I WILL COMMIT TO _____ OF PRACTICING GRATITUDE EACH WEEK.

- 1-2 hours a week
- 2-3 hours a week
- 3-4 hours a week

THE THINGS THAT MOST STAND IN THE WAY OF ME FEELING GRATEFUL ARE:

- | | |
|-------------------------------|--|
| <input type="radio"/> Stress | <input type="radio"/> Negativity |
| <input type="radio"/> Fatigue | <input type="radio"/> Difficult life circumstances |
| <input type="radio"/> Anxiety | <input type="radio"/> Lack of time for myself |
| <input type="radio"/> Anger | <input type="radio"/> Other |



WKSHT 3, CONT.

HOW AM I CURRENTLY MANAGING THESE CHALLENGES AND WHAT IS THEIR INTENSITY LEVEL ON A TYPICAL DAY?

THE PEOPLE WHO CAN BEST SUPPORT ME ON THIS JOURNEY ARE:

THE THINGS THAT INSPIRE GRATITUDE MOST EASILY IN ME ARE:

- My Friends
- My Family
- Nature
- Things of Beauty
- My Health
- My Home
- My Work

Other:

Next Steps: Time for a break! Come back tomorrow and watch the video in the 'Going Deeper' section found via the link in your email. That's it for today!

MID-WEEK MINI CHALLENGE

HOW TO

Welcome to your first mid-week mini challenge! These challenges will nudge your practice forward and help you gather your gratitude resources if they have become scattered over the week.

This week's challenge is based on the simple idea that Brother David Steindl-Rast shared in his TED Talk. If you haven't watched the 'Going Deeper' video yet, take a moment to check out his words of wisdom.

The steps are simple: **Stop, Notice, Appreciate.** That's it. That's all you have to do. Making the time to slow down enough to notice, and then making the **choice** to actively appreciate what you notice is where all the beautiful gratitude benefit is!

Starting today, your challenge is to find moments in your day in which to follow the steps outlined below. **You will do this once for each flower petal on Worksheet 4.** You might be able to complete the challenge in one day, or maybe three. The time it takes doesn't matter, just that you do it!

1) Pause. Breathe. Look around and notice your environment - the space, the temperature, scents, colors, people, sounds, energy, things. Take it all in through your senses.

2) Ask yourself: What around me brings meaningful value to me in this moment? Of those things that do, am I directly responsible for them being in my life or are they part of the gift of this moment?

(steps continued on the next page)

3) Pick one thing that stands out to you as particularly valuable.

Take a moment to envision what your life would be like without it. Consider thinking about the chain of people, time, and events that made it possible for you to experience this thing in this moment. Allow yourself to draw as many connections as you can.

4) Say 'Thank you.' Yes, out loud, if you are able! "I am grateful for ..."

Be as specific as you can. Offer gratitude for as many of the things you have noticed and appreciated as you feel inclined.

5) Take another deep breath, let go of any tension that might have softened within you as you took this pause. When you're ready, thank yourself for making this time and move on with your day.

5) Do this once for each flower petal on the following worksheet.

In the center of the petal, write the thing for which you expressed gratitude, the day and time you stopped to notice it, and where it happened. (You might discover some interesting things about yourself with all this tracking!)

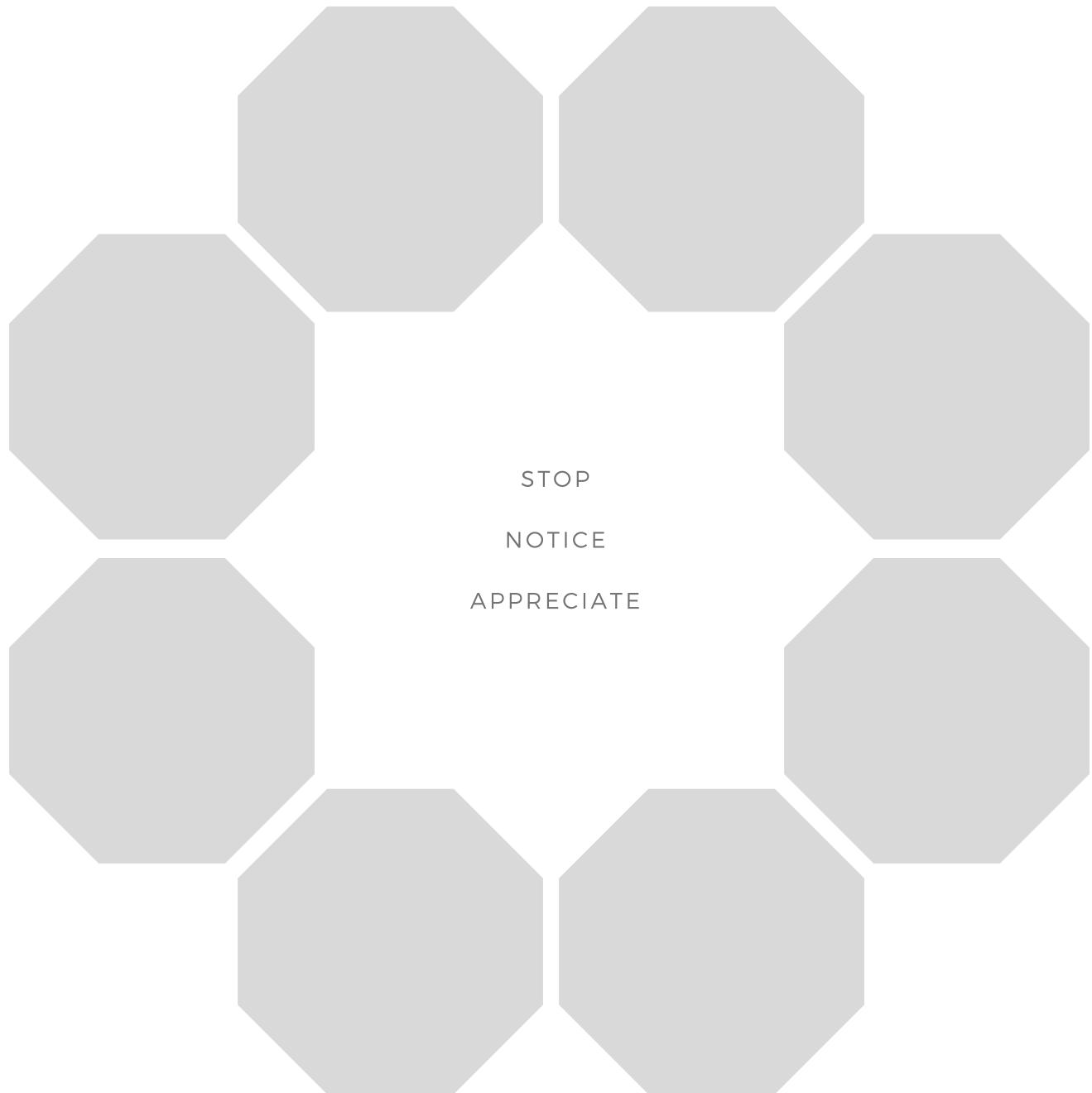
I hope you find this exercise to be an enjoyable and practical first step toward building a lasting habit of gratitude. **You've got this!** Commit to completing this challenge and finishing your first week strong!

Next Steps: Complete the Mini Challenge in your own time and come back at the end of the week for the 'Release and Re-Center' Guided Meditation. If you need a little inspiration in the meantime, check out some uplifting thoughts and perspectives on gratitude in the Mid-Week Pick-Me-Up section on the webpage.



★ WORKSHEET 4

MID-WEEK MINI CHALLENGE: PRACTICING GRATITUDE IN THE MOMENT





WORKSHEET 5

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 One 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: Take some time before the start of the next week to reflect on this week's experiences in Worksheet 6 on the next page.



WORKSHEET 6

END OF WEEK ONE REFLECTIONS

INSTRUCTIONS: Allow yourself some time to reflect on your journey so far. What has stood out for you this week? What was challenging and what came easily? What would you like to experience more of? Try not to edit yourself as you write. Allow your mind and your pen to write freely.

NOTES

THERE ARE NO RULES HERE - JUST YOU AND THE PAGE

