

# WEEK SEVEN

## WEAVING A TAPESTRY OF GRATITUDE

### GRATITUDE AND THE BIG PICTURE

**Can you believe it?! Here we are at the *final week of your Deepening Gratitude journey!***

This is the week in which you take all the individual threads of gratitude you've been spinning over the last seven weeks and weave them together into your own unique tapestry of a dedicated Gratitude Practice. This is the week when you decide how to make all the experience you've gained truly reflect *your* relationship with gratitude from this day forward.

You'll start off the week with important reflections on what gratitude has come to mean to you, what value and what role it plays in your life. **Then, you will be asked to draw upon those reflections to write your Personal Gratitude Statement.** This is a statement that is meant to serve as a compass of sorts in how you choose to implement gratitude in all the varied circumstances of your life.

As we come to the conclusion of our time together, I hope this experience has broadened your perspective on gratitude. We have talked about how gratitude can be a gateway to self-trust and self-compassion, but **gratitude can also be a gateway to other crucial things like joy, forgiveness, and strength in the face of grief, loss, or challenge.** In some ways, we have only just begun to scratch the surface.

Throughout this final week of your Deepening Gratitude journey, and in the weeks to come, I ask you to stay reflective and open to whatever insights emerge for you. Your growth has built up its own momentum and will continue to bear fruit for you!

**Next Steps:** Listen to this week's Food For Thought mini podcast episode, if you haven't already.



# WORKSHEET 36

## GUIDED MEDITATION: THE GREATEST GIFT

**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 **'The Greatest Gift' Meditation** found through the link in your **Week Seven Email**.

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



### GUIDED MEDITATION: ??

BEFORE I FELT...

AFTER I FELT...



TIME OF DAY

REFLECTIONS AND INSIGHTS

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

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# WORKSHEET 37

REFLECTION: GUIDING PRINCIPLES OF GRATITUDE

**INSTRUCTIONS:** This reflection is designed to help you hone in on the principles of gratitude that are most meaningful to you. Answering the questions below will help you become really specific about the role of gratitude in your life and why it is important to you.

WHAT DO YOU KNOW TO BE TRUE OF GRATITUDE?

HOW DOES GRATITUDE FIT INTO YOUR PHILOSOPHY OF LIFE?

*(Continued on the next page ... )*

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WKSHT 37, CONT.

HOW DOES GRATITUDE ASK YOU TO RISE TO MEET IT?

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HOW DOES GRATITUDE INFORM THE WAY YOU INTERACT WITH OTHERS?

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**Next Steps:** With these ideas fresh in your mind, turn to the next Worksheet and begin work on crafting your Personal Gratitude Statement.

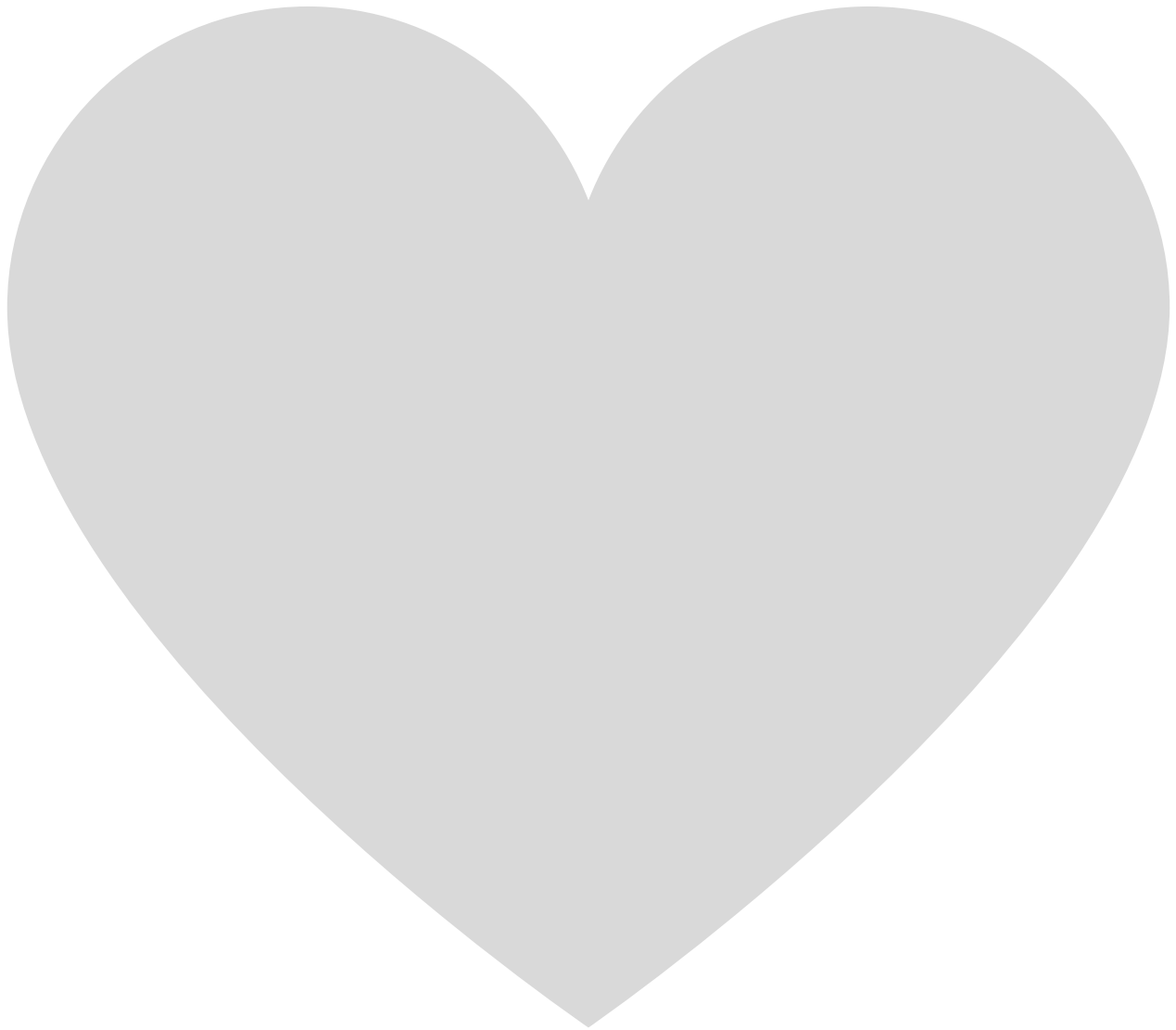
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# WORKSHEET 38

YOUR PERSONAL GRATITUDE STATEMENT: A CODE WORTH LIVING BY

**INSTRUCTIONS:** Building upon your answers to the reflections in Worksheet ??, craft a statement that answers the question ***Why Gratitude?*** for you. Incorporate any responses from your reflections that feel especially powerful to you. This statement should not be more than five or six sentences long, but should move you when you read it. If you are feeling stuck, you can turn to the next page for examples of Gratitude Statements, but commit to writing your own original version.





## EXAMPLE GRATITUDE STATEMENTS

*I embrace Gratitude as an essential component of happiness and contentment. I recognize that my existence, being not of my doing, is a profound gift. As such, everything I experience merits my thanks. I practice Gratitude as an antidote to entitlement and hardness. It informs and strengthens the ability to forgive, to release pain and suffering, and it affirms my belief that life, and every being in it, is inherently good.*

*Gratitude is a frame of mind I choose to live by. Gratitude helps me focus on seeing the good things in every day. Gratitude helps me remember that there is beauty all around me. It is my intention to practice gratitude every day through the way I treat people and appreciate the many blessings in my life.*

*Being grateful keeps me humble,  
Being grateful opens my eyes to the gifts in my life, big and small.  
Gratitude helps me overcome my negativity.  
Gratitude keeps me grounded.  
Gratitude teaches me to appreciate my life.  
I choose to practice gratitude because I want to feel more content.*

**Next Steps:** You've just done some important work! Go ahead and take some time to relax! Whenever you feel ready, turn to the next page for your Mid-Week Mini Challenge.

# MID-WEEK MINI CHALLENGE

## HOW TO

### WEAVING YOUR TAPESTRY

**Take a moment to re-read your Personal Gratitude Statement from Worksheet**

**38.** Allow yourself to reconnect in your heart and mind with *why* you choose to prioritize gratitude in your life and *why* you are choosing to continue your practice into the future.

Next, turn to the worksheet on the following page and you will see two lists comprising all the various types of practices we have covered together, either directly in the workbook, or something I have shared with you in a mini-podcast episode along the way. **I highly encourage you to add any other practices that you might be aware of to either list. The more the merrier!**

Look at your lists. **Which ones from each category naturally move you?** Try not to overthink this. Let your body weigh in. This is where your body's natural wisdom shines. If you feel lighter or more expansive when you think about any given practice, you can be sure it resonates with you!

**Draw a heart next to the practices that appeal to you, ideally aiming for at least two in each category.** Then, look to see if there is one from either category for which you feel resistance. Put an exclamation point next to that one.

Collectively, these hearts and your one exclamation point (i.e. your growth opportunity!) will form the basis of your personal gratitude practice. This can flex and change over time, but for now, this is a good place to start.

**The following worksheet will help you reflect on the next chapter in your gratitude practice:** what the time commitment for this practice might be, how you can support yourself along the way, and who you can turn to when you are struggling or in need of some accountability.

**On the final page, you will pull it all together in one place and sign your name as a gesture of your commitment to this practice in your life.** This is a huge step and I can't tell you how humbled I am that you have reached this moment and are ready to take this to the next level. Congratulations!



# ★ WORKSHEET 39

MINI CHALLENGE: MAKING YOUR PRACTICE YOUR OWN

## ACTIVE PRACTICES

GRATITUDE MEDITATIONS

MORNING GRATITUDE RITUAL

NOTES OF GRATITUDE

GRATITUDE WALKS

GRATITUDE JOURNAL

GRATITUDE JAR

## AWARENESS PRACTICES

MINDFULNESS MEDITATIONS

STOP. NOTICE. APPRECIATE.

NEGATIVE BIAS REFRAMING

POSITIVE RIPPLES

LISTENING TO THE BODY

GRATITUDE CHAINS  
(GETTING TO WOW)

How does this combination of practices support your Personal Gratitude Statement?

Blank response area for the question above.

How much time will you need to commit to this practice on a daily or weekly basis? How will you create an environment for yourself that makes following through on this commitment easier?

Blank response area for the question above.

Who will you lean on for support and accountability as you move forward?

Blank response area for the question above.





WKSHT 39, CONT.

MY PERSONAL GRATITUDE STATEMENT

MY PERSONAL GRATITUDE PRACTICES

ACTIVE PRACTICES

AWARENESS PRACTICES

I COMMIT TO FINDING \_\_\_\_\_ OF TIME ON A DAILY/WEEKLY BASIS TO DEVOTE TO MY GRATITUDE PRACTICE.

***I commit to practicing gratitude to the best of my ability. I do so with the fullest intention of more deeply honoring the life I am living and all other beings who share this time and space with me. By practicing gratitude, I open myself to transformation, but most importantly, I open myself to love.***

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE

**Next Steps:** Come back at the end of the week and listen to your 'Release and Re-Center' meditation that goes along with Worksheet 40.



# WORKSHEET 40

## 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 Seven 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:** Turn to the next page and complete Worksheet 41 comparing your answers now with those from the beginning of this course.



# WORKSHEET 41

## PERSONAL GRATITUDE SURVEY (AFTER)

**INSTRUCTIONS:** Answer the following survey as honestly as you are able and take some time to compare your answers now with those from your first week of the course. What strikes you most about any similarities or differences in your answers?

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 PRIORITIZE PRACTICING GRATITUDE IN MY LIFE:

- Very highly
- Something I try to get to on a regular basis.
- When I can fit it in.
- It's just not that important to me.

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

- Stress
- Fatigue
- Anxiety
- Anger
- Negativity
- Difficult life circumstances
- Lack of time for myself
- Other



WKSHT 41, CONT.

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

THESE PEOPLE HAVE PLAYED A PART IN MY GRATITUDE JOURNEY:

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:

*(Continued on the next page ...)*



WKSHT 41, *CONT.*

PRACTICING GRATITUDE MORE INTENTIONALLY HAS INCREASED MY FEELINGS OF:

- Joy
- Happiness
- Balance
- Other:
- Calm
- Peace
- Contentment
- Connection

IN THIS MOMENT I AM FEELING MOST GRATEFUL FOR:

**Next Steps:** There is only one last step in your Deepening Gratitude journey! Over the next couple of days, find some quiet, uninterrupted time to reflect on your journey. Turn to Worksheet 42 when you are ready.



# WORKSHEET 42

## FINAL REFLECTION

**INSTRUCTIONS:** Allow yourself some time to reflect on your journey. How are you feeling? What have you learned about yourself? How have you changed and how are you the same? What experiences over the last seven weeks stand out for you most? What are you feeling grateful for in this moment?

A large, solid gray rectangular area occupies the center of the page, intended for the user to write their reflections.

# A FINAL NOTE

## CONGRATULATIONS, BEAUTIFUL SOUL!

You have accomplished something truly special and meaningful! Take a moment to look back on this journey and congratulate yourself for having committed to this process and for *completing* it! Seven weeks is no small thing!

I hope you will shout your success to the hills and then come tell me all about it in the Lifescape Visionary Community. I would love nothing more than to congratulate you myself!

But most importantly, it is my sincere hope that you have learned something about yourself and experienced moments of deep connection and beauty throughout our time together. It has been such an honor to be your guide along the way.

Please don't let this be our last experience together. I am always developing new material for future courses as well as running workshops virtually and in-person throughout the year. Should you feel called to dive even deeper into the subject of gratitude, or called to explore the many layers of your own values and identity, one on one coaching might be a wonderful experience for you.

No matter what, let's stay connected! Thank you again for showing up and doing such important work. You have my admiration, my respect and, of course, my gratitude!

Until the next time, love and blessings,

*Jennifer*

THANK YOU FROM THE BOTTOM  
OF MY HEART FOR JOINING ME  
IN DEEPENING GRATITUDE. I  
THINK OF EVERYONE ON THIS  
JOURNEY AS FAMILY. NEVER  
EVER DOUBT THAT I AM  
GRATEFUL FOR YOU.

WITH LOVE,  
JENNIFER WADE