

Jen's Gratitude Guide

What Blocks Gratitude?

Practicing gratitude isn't always easy. Here are common barriers that can prevent us from accessing it:

1. **Comparison:** Focusing on what others have can overshadow what's good in our own lives.
2. **Fixation on Lack:** It's easy to dwell on what's missing or going wrong instead of appreciating what we do have.
3. **Perfectionism:** The drive to achieve or control outcomes can blind us to the value of the present moment.
4. **Fear of Vulnerability:** Acknowledging gratitude sometimes feels like admitting we needed help, which can be uncomfortable.

To move past these blocks, we need to embrace the full spectrum of gratitude, including for the things that challenge us.

Practices for Cultivating Gratitude

Gratitude is a skill we can strengthen with intentional practice. Here are ways to get started:

1. Mindful Gratitude Walk

Take a slow walk outside, focusing on the things you can appreciate in your surroundings. It could be the way sunlight filters through trees, the sound of birdsong, or the feel of the ground beneath your feet. Naming these things aloud or silently anchors you in the present moment and cultivates a sense of connection to the world.

2. Gratitude Jar

Place an empty jar in a visible spot in your home. Throughout the week, jot down moments of gratitude on slips of paper and add them to the jar. Watching it fill up over time is a tangible reminder of the abundance in your life. It's also a great practice to share with your family.

3. Gratitude Journal

Each day, write down three things you're grateful for. They can be as simple as a kind word from a friend or as profound as a life-changing event. Writing helps solidify these reflections in your mind and creates a record to revisit on difficult days. To get started, take the sample template below and make it your own!

Gratitude Journal ⁺

Day	Three Things I'm Grateful For	Food For Thought	Today's Note to Self
SUN	<ul style="list-style-type: none"> ● Add here ● Here ● And here! 	In life, it's not about speed but direction.	I'm where I should be. I'm enough!
MON	<ul style="list-style-type: none"> ● Add here ● Here ● And here! 	Some paths are created as we go.	Tip: Make this space yours! Add images, videos, or links that inspire your journey.
TUE	<ul style="list-style-type: none"> ● Add here ● Here ● And here! 	Even when the skies are gray, my colors will still shine.	At the end of this day, I've decided that I will make tomorrow great!
WED	<ul style="list-style-type: none"> ● Add here ● Here ● And here! 	My life is as good as my mindset.	
THUR	<ul style="list-style-type: none"> ● Add here ● Here ● And here! 	I honor my space by setting healthy boundaries.	
FRI	<ul style="list-style-type: none"> ● Add here ● Here ● And here! 	I cultivate my growth by embracing new challenges.	
SAT	<ul style="list-style-type: none"> ● Add more rows ● Find/write prompts ● Enjoy the process! 	I know only one thing: "I am getting there."	

Daily Mantra:

The road ahead has wonderful things in store for me. ←

