

# A Month of Gratitude

End-of-Life University

## **Week 1: Gratitude Journal**

Dedicate a specific journal or notebook to your gratitude practice. Each night before you go to bed make a list of 3 things you are grateful for from this day. Research shows that reflecting on those positive aspects of your life before you go to sleep will help you relax and will improve the quality of your sleep. If possible continue writing in your gratitude journal all month long.

## **Week 2: Gratitude Letter**

Using your journal you can write a letter expressing gratitude to someone who has shown you kindness or generosity. It isn't necessary to actually send the letter but you certainly can if you feel motivated. You can also write letters to people from your past who have made a difference in your life. Write at least one letter this week and ideally write one each day.

## **Week 3: Say “Thank You”**

Notice the “little miracles” of your life each day and recognize the people who make life special. Remember to express gratitude freely and frequently every day. Note in your gratitude journal any people you remembered to thank that day. Aim to express thanks to at least one person per day this week.

## **Week 4: Say “Grace” Before Meals**

A simple way to add a gratitude practice to your life is to pause for a few seconds before each meal to experience thankfulness for the food you are about to eat. This will shift your energy and emotions to a positive state before you eat which is good for your digestion and can help you eat more mindfully. You don't have to say the words aloud, just think them silently and feel thankful for at least one meal each day. Here's an example:

“I am grateful for this food that nourishes my body. I am grateful for the animals and plants that have offered me this nourishment and for all of the people whose labors brought this food to my table.”