

MOMENTS OF *Gratitude*

MINDFUL REFLECTIONS
FOR HAPPIER DAYS

Instructions

Objective

Practice gratitude daily to promote happier mood and more awareness of what's really important in your life.



Getting Started

Each day, make a ritual of intentional gratitude practice. Select a card and take a few moments to reflect on the prompt. Allow your thoughts to flow freely. Pay mindful attention to how gratitude feels in your body. Try to carry this feeling with you throughout your day.

Going Deeper

Once you have some practice with gratitude, try these additional activities to go even deeper.

- 1. Journaling:** Use the prompts to inspire daily journaling sessions. Choose one prompt each day and write for 5-10 minutes about what comes to mind.
- 2. Gratitude Circle:** Gather with friends or family and take turns drawing a card. Share your reflections. This can help foster deeper connections.
- 3. Meditation:** Choose a prompt and meditate on it for 5-10 minutes. Use the prompt as a focal point for your meditation and allow it to guide your thoughts and feelings.



Turn over for more

- 4. Gratitude Art:** Use the prompt as inspiration to create art. It could be a drawing, painting, or any other form of artistic expression that embodies your feelings of gratitude.
- 5. Photo Challenge:** Take a photo that represents your thoughts on the prompt. Compile these photos weekly or monthly to create a visual gratitude diary.
- 6. Gratitude Jar:** Draw a card and write a brief note or memory related to the prompt. Place it in a jar. Over time, you'll have a collection of cherished moments to look back on.
- 7. Letter of Appreciation:** Choose someone who you're grateful for and write them a letter expressing your appreciation. Use the prompts to help express your thoughts and feelings.

- 8. Mindful Walk:** Use a card as inspiration for practicing gratitude while walking. Observe your surroundings and notice how they relate to the topic on the prompt. After the walk, take a moment to reflect even more.
- 9. Shared Gratitude:** Invite a friend to participate in a gratitude journey with you. Exchange reflections on the same prompts via email or in person. This shared experience can deepen friendships and offer new insights.



The key to getting the most from these cards is **consistency**. The more you engage with **Moments of Gratitude**, the deeper and stronger your sense of gratitude will become.

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