



A SEVEN-DAY PRACTICE

The Gratitude Wall

How much of what's good in your life do you actually notice?

Gratitude is more than feeling thankful when something good happens. It's a practice of intentionally noticing the people, experiences and everyday things that already add something good to your life.

What you notice changes what you see.

WHY GRATITUDE? Research shows that regularly practicing gratitude can support well-being and positive emotions. It helps us intentionally direct our attention toward what's already good in our lives.

The more we practice noticing, the easier noticing can become.

YOUR WALL. YOUR PLACE.

**A window. A mirror.
A wall. A fridge.**

Anywhere you'll see it.

FOR 7 DAYS

AM Write 3 things you're grateful for.

PM Add 3 more things from your day.

Every breath I get Morning coffee Another day	My dog My health A song I love	My best friend Sunshine through my window A good night's sleep Someone made me laugh Dinner with my family A stranger smiled at me
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DAY 7

Look at your wall.

Before taking anything down, stop and look at everything you've collected.

What did you start noticing that you might normally have missed?

How do you feel after seven days?



**Your life didn't have to change.
You practiced noticing more of what was already there.**