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WANT TO BE HAPPY?

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Be GRATEFUL



**ADD** **ADVOCATE**  
**4C** **4-Coaching**

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## WANT TO BE HAPPY? BE GRATEFUL

We all want to be happy, but how often do we say thank you for what we have at this very moment.

“Gratitude can transform common days into thanksgiving, turn routine jobs into joy, and change ordinary opportunities into blessings” - PROVERB

### THE BENEFITS OF GRATITUDE

Madhuleena Roy Chowdhury <sup>1</sup> put the following diagram together to summarise the benefits.

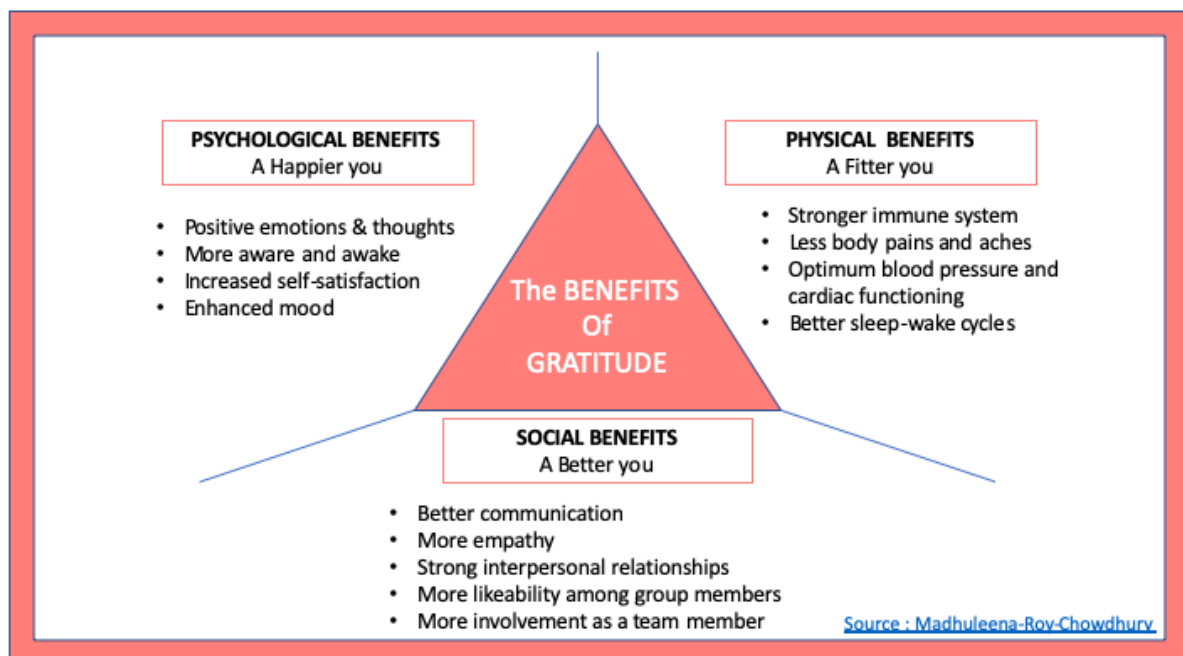


Figure 1 : Source: Madhuleema-Roy-Chowdhury<sup>2</sup>

### NEUROSCIENTIFIC RESEARCH INTO GRATITUDE

The following YouTube Video summarises this research succinctly - click on the link to view the video: [Gratitude & the Brain : not just “woo-woo” - has a scientific base.](#)<sup>3</sup>

If you want to become HAPPIER, we invite you to do the GRATITUDE CHALLENGE!  
It will CHANGE your life .....

<sup>1</sup> <https://positivepsychologyprogram.com/author/madhuleena-roy-chowdhury/>

<sup>2</sup> <https://positivepsychologyprogram.com/author/madhuleena-roy-chowdhury/>

<sup>3</sup> The Gratitude Experiment : [https://youtu.be/U5lZBjWDR\\_c?t=20](https://youtu.be/U5lZBjWDR_c?t=20)

## WORKSHEET : GRATITUDE CHALLENGE

### WEEK 1

Before you begin this challenge, rate your level of GRATITUDE on a scale from 1 - 5 (with 1 being not grateful and 5 being extremely grateful):

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5

### GRATITUDE JOURNAL

Here are some tips on how to prepare and maintain a Gratitude Journal (Emmons, 2011):

- Commit to DAILY practice
- Set aside some time (either 1st thing in the morning or just before going to bed) at the SAME TIME every day - helps with establishing a routine (habit).
- When writing in the journal, try to be as detailed as you can. Record every little thing associated with the person or the incident you are offering gratitude to.
- Make your journal attractive. Use colourful pens, stickers, or craft papers to give your journal a fun look. Look forward to doing your journal daily
- Find an attached example that you can print out of how to format your gratitude journal (APPENDIX 1).

A good way to implement a HABIT is by using a HABIT TRACKER - find an example attached. (Appendix 2)

### GRATITUDE ASSESSMENT

Self-assessments like [GQ-6](#) or the [Gratitude Assessment](#) can be a good way of evaluating how grateful we feel from the inside. These assessments increase awareness and help us to deal with stress and negative experiences.

You can also take the [Gratitude Quiz](#) developed by Mitchel Adler and Nancy Fagley, which gives us an indication of what we are grateful for in life and how we can change our mindset to focus on gratitude from the kindness we receive.

OUTCOME OF ASSESSMENTS:

## WEEK 2

Before you begin this week, rate your level of GRATITUDE on a scale from 1 - 5 (with 1 being not grateful and 5 being extremely grateful):

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5

### APPRECIATE YOURSELF / AFFIRMATIONS

Stand in front of the mirror and say out loud 5 good things (affirmations) about yourself.

- Past achievements
- Present efforts
- Your talents and virtues
- Compliments other people have paid you
- Compliment yourself by using words like beautiful, loyal, disciplined, kind, loving, creative, reliable, etc

Again ... repeat every morning at the same time ... Add to your Habit Tracker (APPENDIX 2). To help you remember all the affirmations - write them on index cards.

### SHOW APPRECIATE TO OTHERS - SAY THANK YOU

Start a GRATITUDE LIST (APPENDIX 3).

Add someone to your list every day, and start by writing small thank you notes to each of the people on your list. These notes can be as short or as long as you like. You can send messages either as handwritten notes, SMSes, WhatsApp, emails - do not expect a response.

Schedule a GRATITUDE VISIT ... We all have someone whose unconditional support and help mean a lot to us. Phone them up, set a date & time ... discuss shared memories and offer your support - you may want to make it a regular thing.

*WEEK 3*

**GRATITUDE BUDDY / FAMILY INVOLVEMENT**

This could be your partner, children, best friend, parents, etc. Set aside a couple of minutes a day to chat about the things you are grateful for.

Many families do this at the dinner table before they start eating either by saying “grace” and/or by each saying one thing they were grateful for that day.

**GRATITUDE JAR**

Keep a glass jar or transparent box and write one thing that you are grateful for that day. When you are really struggling and not feeling very grateful at all, open it up and read a few slips.

At the end this challenge, rate your level of GRATITUDE on a scale from 1 - 5 (with 1 being not grateful and 5 being extremely grateful):

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5

**How has this challenge affected your life, if at all?**

We would love to hear your comments ... [addvocate4coaching@gmail.com](mailto:addvocate4coaching@gmail.com)

## APPENDIX 1

*An example of a format you can use*

TODAY'S DATE \_\_\_\_\_

<b>Affirmations / Self Appreciation</b>	<b>Current obstacles and what they are teaching me</b>
<b>People I'm grateful for</b>	<b>What I've achieved in the last day.</b>

## APPENDIX 2

### Habit Tracker

<b>HABIT TRACKER</b>		for the month of _____	
Details			
Gratitude Journal	1	2	3
Affirmation / Self Appreciation	4	5	6
	7	8	9
	10	11	12
	13	14	15
	16	17	18
	19	20	21
	22	23	24
	25	26	27
	28	29	30
	31		

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