



Positivity

101

Minute Mindfulness Course: **Week 2**

Gratitude

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Day 1: Identifying

Identifying moments of kindness is the first step to becoming a more grateful and mindful person.

Steps:

- Take out a writing utensil and paper. Set a silent timer for 1 minute.
- Reflect on your current circumstance and identify *as many* things you are grateful for *as possible*.
 - It doesn't have to be something glaringly obvious. It can be as simple as being appreciative of having an education or having a roof over your head. But make sure what you choose is something you are genuinely grateful for.
- Write them down.



Day 2: Identifying (single)

Today, we'll be focusing on a specific act or blessing rather than an array of general ones.

Steps:

- Take out a writing utensil and paper. Set a silent timer for 1 minute.
- Reflect on your current circumstance and identify *one* thing you are grateful for.
 - This time, make the one you identify something of **specific** significance (not general like education or shelter, but something particular like someone opening a door for you).
- Write it down.



Day 3: Creating

Today, instead of focusing on things that are more obviously positive, we'll take a neutral memory and try to see something worth being grateful for in it.

Steps:

- Set a silent timer for 1 minute.
- Think of something that has happened in the past 24 hours that seemed mundane, something that didn't seem to have much significance.
- Reflect on that memory (it'll be hard to pinpoint) and find something that you are grateful for within the memory.
 - It's perfectly ok to have something really simple and general for this exercise.



Day 4: Creating

Creating takes much more practice than we let on, so we'll do this exercise once more today.

Steps:

- Set a silent timer for 1 minute.
- Think of something that has happened in the past 24 hours that seemed mundane, something that didn't seem to have much significance.
- Reflect on that memory (it'll be hard to pinpoint) and find something that you are grateful for within the memory.
 - It's perfectly ok to have something really simple and general for this exercise.



Day 5: Transforming

Now, we're going to take a negative memory and try to transform our viewpoint into one of gratitude (it'll seem forced at first, but with genuine practice, it'll feel more natural).

Steps:

- Take out a writing utensil and paper. Set a silent timer for 1 minute.
- Think of a memory in the past few days that was particularly negative, a circumstance where you felt everything was against you (i.e., getting a bad test score after studying for hours). Write it down.
- Try to flip the memory around into something that you can feel grateful for (i.e., maybe your study method did not work for you. Now you have something to actively work towards bettering). Write down your revised, positive viewpoint below your previous one.