



# The Tuesday Program

Being *Grateful* more often.

**Your task** is to:

1. Take some regular time each day to think of three things you are thankful for. These can be big things, such as good health, supportive relationships, and career successes, or little things such as a perfect cup of coffee or hearing your favourite song on the radio. Write down three things each day for a week, and aim to write new items each time. The aim is for you to take the time to be thankful for aspects of your life that may go unnoticed.

Example (day one)... Today, I am/was grateful for:

- 1. A surprise phone call from Maria - she is such a treasured friend.
- 2. That the strategic meeting at work was a success - I received some great feedback on my project.
- 3. The smell of cut grass after mowing the lawn.

A good time to complete this exercise is just before leaving work for the day, during commercials when watching evening TV, or before going to bed.

2. Aim to cultivate gratitude in your relationships. Take time out of your day to say thanks to one person who may often be unappreciated. Go out of your way to thank a friend, partner, family member, or work colleague for things or behaviours that have become routine and expected. Be specific when thanking people, so instead of saying “thanks”, clearly outline how the person has helped you. For example, “thank you for helping me out by picking up my children from school. You really made my busy day easier and I am really grateful”.

**Additional suggestions/ideas for gratitude:**

- Be creative about cultivating gratitude. Take photographs; make a collage; save mementoes; write your blessings on sticky notes and attached them to the mirror or fridge.
- Use gratitude if you catch yourself thinking in an unhelpful manner (e.g., ruminating or stewing; focusing too much on the negatives). That is, reframe the situation to consider any blessings in disguise.
- Everyday think of something you take for granted. Pay attention to being thankful for this aspect of your life.





- In addition to New Year's resolutions, think back and reflect on achievements, successes, and highlights of the year. You do not have to wait until the New Year to do this!
- Think back on a challenging or disappointing time and think of things you have learnt or gained because of the experience.

### **Additional suggestions/ideas for grateful relationships:**

- Plan and conduct a gratitude visit. Think of someone who has had a positive impact on your life but whom you have never properly thanked. This could be an old teacher, mentor, coach, family member, or friend. Write this person a card or letter outlining why they are so important to you. Be specific about how their kindness and support has had a positive impact on your life. If possible, deliver the card or letter in person, or give them a phone call.
- Express gratitude to someone who has helped you through a difficult time.
- Take a moment to think of "unseen" people who benefit your life. Think of all the people involved with the growth and production of your food; the people who maintain your local park; the people involved in writing, producing and delivering your morning newspaper.
- Over breakfast, lunch, dinner or before bed, have a conversation with your family, friends, or housemates about things you are grateful for. Ask them what they are grateful for.

### **More information on Gratitude:**

#### Books

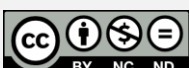
- Emmons, R. A. (2007). *Thanks!: How the new science of gratitude can make you happier*. New York: Houghton-Mifflin.

#### Websites

- <http://en.wikipedia.org/wiki/Gratitude>

#### Research Articles

- Emmons, R. A., & Crumpler, C. A. (2000). Gratitude as a human strength: Appraising the evidence. *Journal of Social and Clinical Psychology, 19*, 56-69.
- Wood, A. M., Joseph, S., & Linley, P. A. (2007). Gratitude: The parent of all virtues. *The Psychologist, 20*, 18-21.





## Tuesday

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2. \_\_\_\_\_
3. \_\_\_\_\_

## Wednesday

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## Thursday

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## Friday

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3. \_\_\_\_\_

## Saturday

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3. \_\_\_\_\_

## Sunday

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3. \_\_\_\_\_

## Monday

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2. \_\_\_\_\_
3. \_\_\_\_\_





## Examples of life's simple pleasures:

- Fresh strawberries
- Going to the beach
- Watching live sport
- Singing in the shower
- Clean sheets
- Receiving a letter in the mail
- The smell of fresh baked bread
- Looking at old pictures
- A brand new pair of socks
- A big mug of hot cocoa
- Campfires
- Sitting in the sunshine
- Laying in a hammock
- Having a good laugh with friends
- Finding a \$5 note in an old jeans pocket
- Waking up before your alarm goes off
- Having a warm bath
- Sitting in front of a wood fire on a cold day
- A good book
- When someone laughs at your jokes
- A whole day with nothing to do
- Spending time in nature
- Backyard cricket
- Watching kids play
- Sleeping in
- Bush walking
- Music
- A cup of tea

## Gratitude as Strength (from Week One .pdf)

1. Count three of your blessings (good things that happened to you) before going to bed every day.
2. Express your gratitude to someone whom haven't told before, preferably through a personal visit.
3. Every day, select one small yet important thing that you take for granted. Work on being mindful of this thing in the future.
4. Notice how many times you say thanks and whether you mean it every time.
5. Express gratitude by leaving a note for someone who has helped your intellectual growth.
6. Express thanks to all who contributed to your success, no matter how small their contribution might have been.
7. Express thanks without just saying "thanks"-- be more descriptive and specific (e.g., "I appreciate your prudent advice").
8. Set aside at least ten minutes every day to savour a pleasant experience. Decide to withhold any conscious decisions during these ten minutes.
9. Express gratitude to public officials such as police officers, fire fighters, and postal workers.
10. Before eating, think of all people who have contributed to what you are eating.
11. Over dinner, talk with your loved ones about two good things that happened to them during the day.
12. Think of three past adversities and identify three serendipitous goods they led to.
13. Reminisce about your best moments of recognition, achievement, praise, and connection.

