

# **A Practice of Gratitude**

## **1. GRATITUDE WALK**

**Take a 5-10 minute walk (lunch break or anytime).**

**No phone, no podcast.**

**Speak out loud to God as you walk, thanking Him for what comes to mind. No matter how small.**

## **2. GRATITUDE JOURNAL**

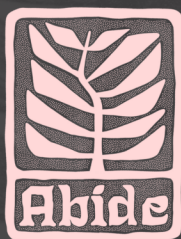
**Write down 3 specific things from this week you didn't earn. Be concrete.**

**End with: "God, this came from You."**

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### **3. GRATITUDE RETURN**

**Text or tell one person:**

**"I'm grateful for you because \_\_\_\_\_."**

### **4. GRATITUDE PAUSE**

**Set an alarm titled "Return."**

**When it goes off, stop and say out loud:**

**"Thank you, Jesus, for \_\_\_\_\_!"**

**Ask for nothing else.**

### **5. GRATITUDE REFRAME**

**Think of one frustration from this week.**

**Ask: "Where has God been present here?"**

**Name it and thank Him.**