



# Age of Possibility

## *Guide to Gratitude*

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Inspiration, Tips, and Tools to Unlock the Power of  
Gratitude.

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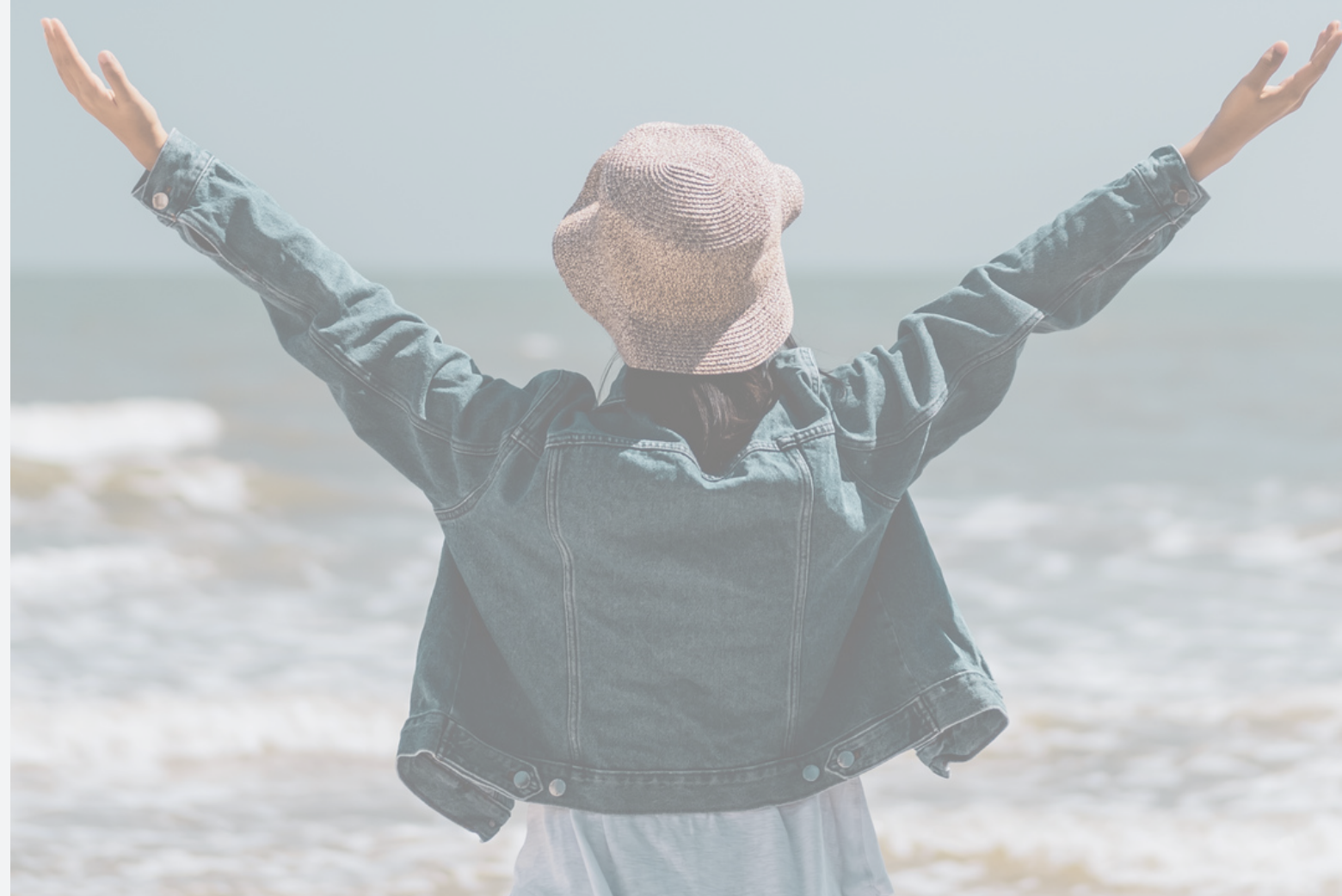
# Table of Contents



1	What is Gratitude?
2	The Benefits of Gratitude
3	The Barriers to Gratitude
3	Overcoming Barriers
4	The Process of Practicing Gratitude
5	15 Ways to Express Gratitude
6	Resources
7	Contributors



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# What is Gratitude?



## A STATE & A TRAIT

Gratitude is a **state**, a feeling and a response at a specific point in time.

It can become a personality **trait** if a person feels gratitude regularly.



## AN EXPRESSION & AN EXPERIENCE

Gratitude can be **expressed** through appreciation to someone or something.

The feeling of gratitude is an emotional **experience**.



## A PRACTICE & A PROCESS

Gratitude can be a **practice** we apply in our daily life.

It is a **3 stage process**\*:  
 1) Recognizing and identifying what we are grateful for.  
 2) Acknowledging the source.  
 3) Appreciating it.

# Benefits of Gratitude

## BETTER PHYSICAL HEALTH

Practicing gratitude can lead to:

- Better sleep
- Stronger immune function
- Lower blood pressure
- Healthier behaviours overall



## DECREASED STRESS

Identifying positive things in your life can:

- Give you increased feelings of happiness
- Promote tranquility in the mind



## STRONGER RELATIONSHIPS

Gratefulness can:

- Enhance empathy
- Reduce aggression
- Increase self-esteem

These contribute to stronger, healthier relationships with others.



## HIGHER LEVELS OF OPTIMISM

Practicing gratitude helps you focus on the positive, which can influence how you view the future.



# Barriers to Gratitude and Overcoming Them

## TOO BUSY/NOT ENOUGH TIME

Our lives are busy, and we sometimes forget to pause and "step off the hamster wheel."

Each day, think of a few things you are grateful for and ask yourself why. Keep it short! It can take less than 5 minutes.



## GRIEF/DIFFICULT SEASONS

Grief is complex and results from loss. Whether it's the death of a loved one or the end of a career, grief can consume your mind.

Allow yourself to feel your grief and be self-aware. Be kind to yourself, and lean on others. This will create space for gratitude and feeling the love around you.



## NOT BELIEVING IN THE BENEFITS

It's one thing to learn about the benefits of gratitude, but do we truly believe in them?

Gratitude doesn't change the outside world. It changes our inner dialogue to be more positive, which leads to extraordinary benefits like better sleep, decreased stress & increased self-esteem.



## LOSING SIGHT OF BLESSINGS

It's easy to get caught up in the material world, especially in an age of technology and social media.

Challenge yourself to find the hidden blessings in your life. You'll be amazed at how many arise when you open your heart to see them.



# A Process for Practicing Gratitude

## NOTICE

the things you are thankful for.  
Look around and create a mental or written list of your blessings. You may be surprised.



## THINK

about why you are grateful and why it's happening for or to you.  
Take a moment and reflect on why the things you have are important and why they have come to you.



## FEEL

all the emotions that come with experiencing gratitude.  
Sit with these emotions and become aware of how they make your body and mind feel.



## EXPRESS

gratitude.  
As the receiver, give thanks and pay it forward so someone else can experience gratefulness.



# 15 Ways to PRACTICE GRATITUDE AND

# Raise Your Positive Energy

01

Leave a nice review for a business that has met or exceeded your expectations.

02

Give thanks to the food you eat and its source.

03

Start a gratitude journal, feeling into what you are grateful for.

04

Cook a meal and deliver it to a friend in need.

05

Volunteer for a non-profit organization.

06

Avoid toxic behaviours such as gossip.

07

Tell someone face-to-face that you appreciate them.

08

Pay it forward when something has been done for you.

09

Forgive.

10

Help a neighbour with yard work.

11

Gift someone a meaningful book.

12

Genuinely ask how someone is and listen to their response.

13

Write a letter of thanks to someone you love and read it to them.

14

Walk in nature with an open heart and feel the connection.

15

Receive graciously and honour the giver.

  
A O P

# Resources

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