

The 28 Day Gratitude Workout

Exercises to Make EVERY Day Count!



created by

Sharon Saraga Walters

Louanne Saraga Walters

INTRODUCTION

“True happiness is to enjoy the present, without anxious dependence upon the future, not to amuse ourselves with either hopes or fears but to rest satisfied with what we have, which is sufficient, for he that is so wants nothing. The greatest blessings of mankind are within us and within our reach. A wise man is content with his lot, whatever it may be, without wishing for what he has not.” — Seneca

Welcome to The 28 Day Gratitude Workout - Exercises to make EVERY day count!

Louanne and I are so grateful you're committing to really building your gratitude muscle. When you do that - anything can happen!

It's said that a habit can be built in three weeks - we've added a fourth to anchor the experience. Over 28 days, you will do 28 different exercises designed to generate a greater awareness of all the good in your life. It might be within you, the value of others, the blessings in your work, home, family, the good you having flowing in your material life.

Gratitude works in every area of our lives, and its benefits start immediately. We all have different areas that are easier for us to be more grateful for - and areas in our lives we struggle to find any good. The exercises

www.WellnessME.Life/Graticise-365

in this course are designed to cover a wide array of these areas - to give us practice in them all. If you find some that are particularly challenging, be grateful! You've just discovered an area of potential growth! See how this works?

Each day is its own chapter, and each chapter includes a section you can use to make note of any significant lesson or aha moment you've experienced in that exercise.

To really benefit from this workout, make it a personal commitment. Only you can benefit — or not - from being true to your daily exercises. If you miss a day, re-start by repeating the last day you had done and get back into the flow.

When you've finished this workout, repeat it again in order of the days 1-28, or choose a category you might want to work a little bit more on.

For example, if you want to focus on your gratitude toward others, choose the Make Someone's Day chapters. If you want to focus on your awareness of the good in your life, choose the 'Take Time to Notice' exercises.

Appendix A lists the exercises by week and day.

Appendix B lists the exercises by category.

Appendix C is an additional copy of each day's exercise so you repeat this workout.

www.WellnessME.Life/Graticise-365

DAY 12: FIND IT

Today's workout will not only help you appreciate all that you have and have had, it will also make you eager for the new things coming!

"Make a pact with yourself today to not be defined by your past. Sometimes the greatest thing to come out of all your hard work isn't what you get for it, but what you become for it. Shake things up today! Be You...Be Free...Share."

— Steve Maraboli, *Life, the Truth, and Being Free*

We could subtitle today's exercise: get up, get out, get grateful!

Sometimes the best way to feel gratitude is to find out what's stopping you. It might be that your same old routine is just keeping you in a box of old habits, and you could easily and quickly get out of that box!

So like today's quote says, make a pact with yourself that you will not be defined by your past - shake things up!

Today's workout is to find a new place to eat a meal. Try keeping it local and healthy, and if you like it, tell your friends about it. Share it on your social media site

www.WellnessME.Life/Graticise-365

with the name of the place and how grateful you were for the food, the service, the chef, etc.

There are quite possibly thousands of people in your region, all with incredible culinary skills and talents - and this exercise will connect you with them, help them express their abilities while you can be grateful for a new experience and a meal!

Day 12
FIND IT

VENTURE OUT!

Find a new place to eat a healthy meal and tell your friends and social media networks about it!

What did you like about the food? The atmosphere?
The chef? The location? The menu?

DAY 20: SHOW GRATITUDE

Today's workout will connect you, your memories and nature for years to come!

“Plant the seeds of gratitude to grow and enjoy the abundance of life.”

— *Debasish Mridha*

A few years ago, Louanne and I took a multi-week road trip around the United States, visiting our friends spread out over 5,000 miles. We asked our friends and anyone we met along the way - two questions: what does gratitude mean to you, and what are you grateful for?

Our trip, *Gratitude Across America*, turned into a 40 minute video we treasure, and posted on our YouTube channel. (www.youtube.com/watchmvvptv) We loved discovering the many ways our friends, family and even strangers expressed gratitude. The whole trip was like getting shots of gratitude every day!

One of our friends expressed gratitude in a very special way - a way that connected her with nature and with her friends multiple times a day. And, it's today's workout:

www.WellnessME.Life/Graticise-365

Plant a gratitude tree, get a potted plant, or take a snippet of a plant in your home or backyard and replant it - as a representation of your gratitude.

It might represent a particular person or several friendships. It might represent a stage in your life or a very specific item, thing, lesson you are grateful for.

The purpose of this exercise is that every time you see it, it's beauty, how it's growing, it will remind you of your gratitude. You'll feel grateful and you'll remember the who or what behind why you planted it.

When you repeat this 28 day workout, buy a tree or potted plant for someone else and let them know it's a gratitude tree or gratitude plant.

If you have the space, start a "Gratitude Garden," with each member of the garden representing a unique thing or person you're grateful for.

Now that's the way to connect, your memories and nature for years to come!

Day 20
SHOW GRATITUDE

Plant a Gratitude Tree, Gratitude Plant or take a cutting from a plant in your home or garden.

Who or what does it represent?

What will you think of when you see it?