


THE LIFTER'S GUIDE TO GRATITUDE



Welcome!



One, two, three, four,
Makes me feel grateful, even more...

Every day, Monday through Friday, The Flourishing Center runs its **Lift Program**... a quick live online class that teaches you positive psychology skills and gives you a place to practice the skills in real-time.

It's like **a dojo for your brain!**

Science meets practice: Research shows that gratitude practices can become diluted if you habituate to them.

The Lift Community was tasked with creating a list of gratitude prompts that if you wrote 4 of these sentences, it would induce a feeling of gratitude.

Typical gratitude journals have you write down 3 good things that have happened recently, or that you're grateful for. Our team took gratitude journaling to the next level.

Try it out. Fill out the prompts in the journal below.
Notice how you feel in real-time.

We hope it gives you as many jolts of positivity as it did for us in creating this for you.

With love,
The Flourishing Center Team
and The Lift Community

P.S. Want more tips, tricks, and tools on increasing well-being? Join us for our live Lift classes. Try it for free for a week at www.Lift.events.

Gratitude Prompts



Name 4 friends that lift you up:

Name 4 sounds that make you smile:

Name 4 positive memories:



Gratitude Prompts



Name 4 imperfections you are grateful for that make you human:

Name 4 things that you can see right now that bring you joy:

Name 4 random acts of kindness that you've given or received:



Gratitude Prompts



Name 4 things you're grateful for about yourself:

Name 4 modern conveniences that make your life easier:

Name 4 things from your past that made you who you are:



Gratitude Prompts



Name 4 things you are grateful for about today:

Name 4 people that you've had meaningful conversation with recently:

Name 4 people that have made the biggest impact on your life:

Gratitude Prompts



Name the first 4 peaceful moments you can remember:

Name 4 people with whom you'd share a lottery win:

Name 4 things that fill you with awe or wonder:



Gratitude Prompts



Name 4 guiding principles that you live your life by:

Name 4 foods that make you feel healthy:

Name 4 things that you could do to make someone else feel joyful:

Gratitude Prompts



Name 4 of your favorite views:

Name 4 books that have brought you joy in your life:

Name 4 places that you loved visiting:



Gratitude Prompts



Name 4 appliances in your home that you are grateful for and why:

Name 4 gifts from nature that sustain your life and how:

Name 4 senses and what life would be like without them:



Gratitude Prompts



Name 4 things that bring happiness or joy:

Name 4 daily activities that you do that you're grateful for:

Name 4 interactions you've had in the past week that you're grateful for:



Gratitude Prompts



Name 4 challenges that have helped you grow:

Name 4 things that make you belly laugh:

Name 4 things that are made better when you share them with others:



Gratitude Prompts



Name 4 gifts that keep on giving:

Name 4 gifts you experience from nature:

Name 4 things you appreciate about your neighborhood:



Gratitude Prompts



Name a pet or animal in nature that you are grateful for and why:

Name 4 pieces of advice you are grateful to have received in your life:

Name 4 aspects of your physical health you're grateful for:

