



Daily Gratitude *Practice*

Boost Mindfulness on Busy Days

Melody WILDING

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Gratitude is Hard When Life is Stressful...

Add personal challenges or work anxiety to the mix, and you're likely to be too overwhelmed and stressed out to do a complete 180 turn to focus only on the good. Forcing yourself to do so makes gratitude feel inauthentic—more like the homework that you dreaded in fifth grade rather than an exercise meant to enhance your happiness.

Developing an authentic way to practice gratitude involves acknowledging positive and negative emotions equally, rather than trying to use gratitude to mute out unpleasant or painful feelings.

The following mindfulness exercise is one that has worked for many of my coaching clients. I affectionately refer to it as “gratitude for people who hate gratitude.” Over the years, I've discovered different variations of it, like High, Low, and Interesting and Rose, Thorn, Bud.

Each operates on the same core principle: to acknowledge the things that went wrong and that there is room for improvement tomorrow, while taking note of the high moments, too.

You might do this exercise with your family around the dinner table. Or you might practice it solo as a way to “close up shop” at the end of your work day and transition into downtime. If you prefer a ritual in the morning, you can try it when you first wake up and apply it to the previous day's events.

High/Low/Hero Daily Gratitude Practice

TODAY'S DATE:



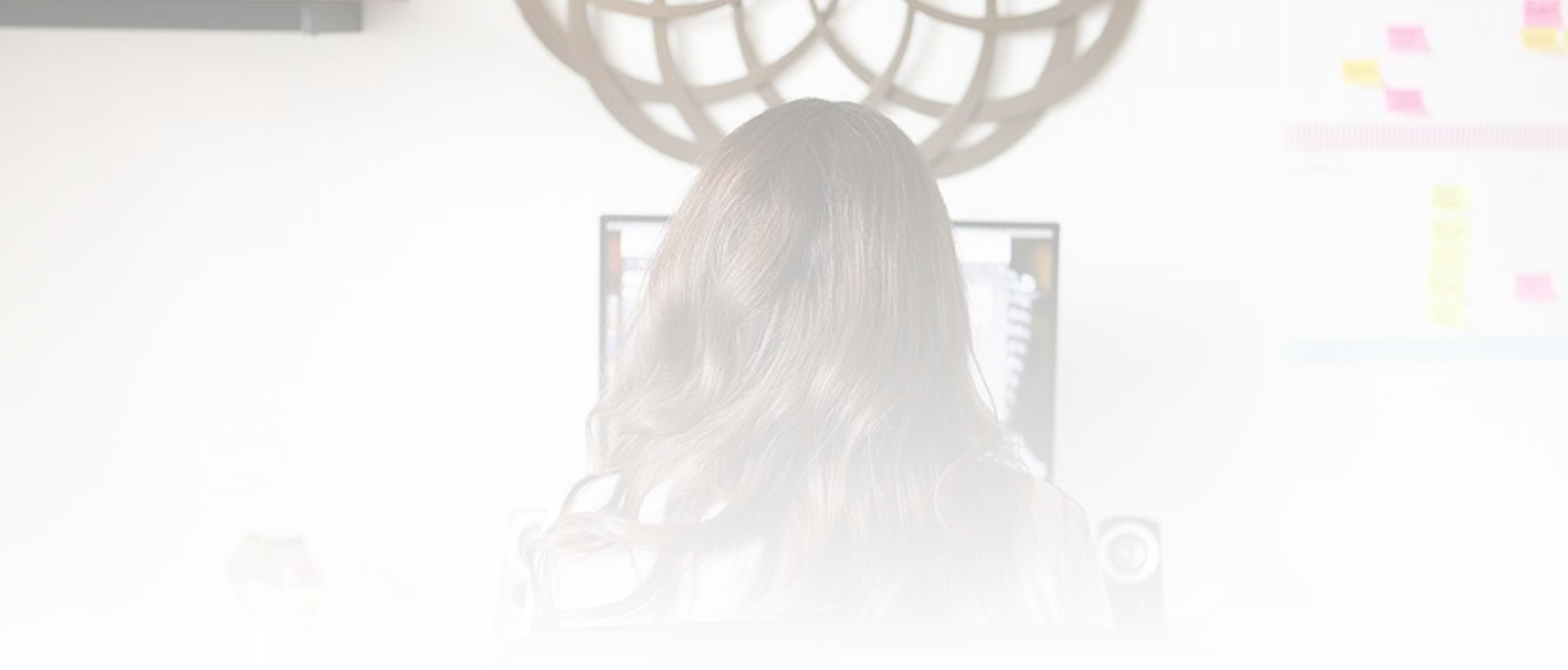
Daily High - What was the "high point" of your day?



Daily Low – What was your “low point” of the day? What could BE improved next time?



Daily Hero Moment – What did you feel proud of today? Or who was a “hero” to you today?



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This guide was born out of a need I heard from the thousands of smart, sensitive overachievers in my audience and from hundreds of my coaching clients.

I believe the material in this guide will help you become more confident and in control of your professional life. But to get the life-changing stuff, you've got to join us in the Facebook Group.

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