

ALWAYS GRATEFUL

Check out the 12 Tweaks page at gatorcare.org/12tweaks for additional gratitude resources, tips, and ideas.



Monday : Smile File

Collect images, quotes, pictures, and memories of things you are grateful for or things that simply make you smile.



Tips:

- Create a new folder on your computer. Save it to your desktop so you can view it often.
- Add a board on Pinterest and pin photos that bring you joy.
- Create a new album on your camera roll to add happy images.

Weekly Check-in



Tuesday: Gratitude Walk

Become present and aware of your surroundings by taking a walk. Take in the beauty. Give thanks for all the wonderful things in your life.



Tips:

- Set aside 20 minutes (or longer) to walk around your neighborhood, park, office, etc.
- Use these [walking maps](#) to find a new walking route and take a short break from work.
- Calm your mind and savor your surroundings. This will allow you to relax and appreciate the world around you.

Weekly Check-in



Wednesday: Self-Gratitude

Take time to think of everything in your life that you have and do not want to take for granted.



Tips:

- Remember that self-gratitude is not self-centered or egotistical, even if it might feel that way at times.
- Give yourself daily space to quiet and relax your mind, thinking of yourself in a positive light.
- Focus on things about yourself that make you feel grateful.

Weekly Check-in



Thursday: The Power of "Thank You"

Try to incorporate thank yous throughout your day. Let others know you appreciate them.



Tips:

- Hand write a note to someone that has impacted your life.
- Show you're grateful every chance you get. Say thank you for even the smallest actions.
- Personalize the thank you for that specific individual. Be sincere and authentic.

Weekly Check-in



Friday: Reframe that Thought

Flip or reframe any negative thought or action into a positive one.



Tips:

- Take a deep breath, count to 10, and release your negative energy.
- Find some positive in the situation or think about it from a larger perspective. Will you remember this in a year?
- Use an affirmation to bring you back to balance. Repeat your affirmation, breathing in the positive and out the negative.

Weekly Check-in



Beginning Happiness Level:

0 1 2 3 4 5 6 7 8 9 10

Weekend Reflections

At the end of each week, respond to the prompt below.

Reflect on three things that you are grateful for this week.

Week 1

1.

2.

3.

Happiness Level: 0 1 2 3 4 5 6 7 8 9 10

Week 2

1.

2.

3.

Happiness Level: 0 1 2 3 4 5 6 7 8 9 10

Week 3

1.

2.

3.

Happiness Level: 0 1 2 3 4 5 6 7 8 9 10

Week 4

1.

2.

3.

Happiness Level: 0 1 2 3 4 5 6 7 8 9 10