

PRACTICE GUIDE

Gratitude Inventory

Three specific gifts from today

"Praise the Lord, my soul, and forget not all his benefits." -- Psalm 103:2

Gratitude is one of the most studied interventions in positive psychology. Writing three specific things you're grateful for each day -- not generic categories but concrete details -- rewires your brain's negativity bias over time.

THE PRACTICE

1

Pause at the end of your day

Before bed or during a quiet moment. Take three slow breaths.

2

Write three specific things

Not "family" -- try "the way my friend checked in at lunch." Be precise.

3

Name why each one matters

What did it give you -- comfort, laughter, peace, hope?

4

Thank God for each one

One sentence per gift. No performance needed -- just honest gratitude.

TIP

Research shows gratitude journaling 3x per week (not daily) may be more effective than daily practice -- novelty keeps it from becoming rote.