



Practising Gratitude

Notice the good without denying the difficult.

A gentle invitation to slow down, recognise what supports you and make space for appreciation in everyday life.

A gentle, practical resource from Align with Sari

01 The practice of gratitude

Gratitude is the practice of intentionally noticing and appreciating what is present, meaningful or supportive. It does not require you to ignore difficulty. You can acknowledge what is hard while also making space for what is nourishing.

Why it can help

Gratitude can broaden attention, support perspective and help us recognise moments of connection, pleasure and support that might otherwise pass unnoticed.

How to use this booklet

- Choose a quiet moment or attach the practice to an existing habit.
- Write specific examples rather than general statements.
- Include people, places, experiences, qualities and small comforts.
- If gratitude feels difficult, begin with something neutral or simply comforting.

A gentle reminder

“Gratitude is not a demand to feel positive. It is an invitation to notice.”

02 Gratitude prompts

Try to make each answer specific. Instead of “I am grateful for my family”, you might write “I appreciated the message my sister sent this morning.”

Something small that brought me comfort today...

A person, place or connection I appreciate...

Something my body helped me to experience...

A challenge that taught me something, even if it was difficult...

03 Seven days of appreciation

Day	Today I appreciate...	How did it feel to notice?
1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____
6	_____	_____
7	_____	_____

End-of-week reflection

What did I notice more often when I made space for gratitude?

Remember: You do not have to do this perfectly. Take what supports you, adapt what does not, and return whenever you need to.

About Align with Sari

I offer a warm, personalised approach to wellbeing through life coaching, specialist ADHD life coaching, yoga, Ayurveda, massage and restorative practices. My intention is to help you reconnect with yourself and create realistic changes that fit your life.

Website: alignwithsari.com **Email:** alignwithsari@gmail.com **Telephone:** 07507 230289