

# 7-Day Gratitude Kickstart

One small moment. A little more intention.

Take a few quiet minutes each day. Write a word, a sentence, or a small memory.

## **DAY 1** Notice the ordinary

What everyday comfort are you grateful for today?

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## **DAY 2** Remember a person

Who made your day a little lighter, and how?

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## **DAY 3** Thank yourself

What is one small thing you are glad you did for yourself?

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## **DAY 4** Look for beauty

Where did you notice something beautiful today?

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## **DAY 5** Welcome a small joy

What simple moment made you smile?

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## **DAY 6** See what supports you

What helps you feel steady when the day feels full?

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## **DAY 7** Carry it forward

What good thing would you like to make more room for next week?

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*No perfect answers. Just a little noticing.*