



Hospice Austin
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Learning to Cultivate Gratitude

Practicing gratitude won't make your grief disappear. But it *will* create space for other emotions to exist alongside it. If the idea of gratitude feels out of reach, that's okay. It's not something that happens overnight, it starts small.

Try this simple "Four Things" practice to help cultivate gratitude over time. This simple writing exercise helps reframe your thoughts by focusing on:

- Two things you are grateful for
- One thing you are looking forward to
- One thing you are proud of

When you are done writing them down feel free to share them with a friend or even post them on social media.

The goal is simply to practice noticing gratitude, even in the smallest ways. Below is an example.

Two Things I am grateful for:	One Thing I'm look forward to:	One thing I am Proud of :
<ol style="list-style-type: none">1. I am grateful that I was able to take a hot shower today.2. I am grateful that my friend texted me.	<ol style="list-style-type: none">3. I am looking forward to a nice steak dinner.	<ol style="list-style-type: none">1. I am proud that I didn't yell at anyone today.

Turn this worksheet over and practice cultivating your own gratitude. And remember all of us grieve in our own way, in our own time. Hospice Austin can help guide you through the complicated and sometimes overwhelming grieving process. We offer free bereavement services to anyone in the community. Visit us at www.hospiceaustin.org or call 512-342-4700.

“Four Things” Gratitude Journal

Two things I'm grateful for:	One thing I'm looking forward to:	One thing I'm proud of :

The road ahead has wonderful things in store for me!