

A minimalist bedroom scene featuring a bed with white linens and a cream-colored crocheted blanket. A potted plant sits on a white side table, and a small table holds a white mug and a glass cloche. The room is decorated with white lace curtains and a simple wooden pendant light.

Gratitude week 1

About your instructor

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- Modern Creative Woman
- Creativity Expert
- Registered and Board Certified Art Therapist
- Licensed psychologist
- Author

-What I enjoy: watching the sun rise, authentic self-expression, art museums, textile art.

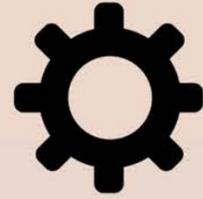
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Presence

Present
moment
awareness.



Mindset

Relationship
to your
thoughts.



Purpose

Unique
values.

Housekeeping

Be kind, positive and respectful in the chat. Share solution-focused ideas about what works for you. Avoid negative venting, complaining, or problem-focused sharing. Everyone is welcome here.

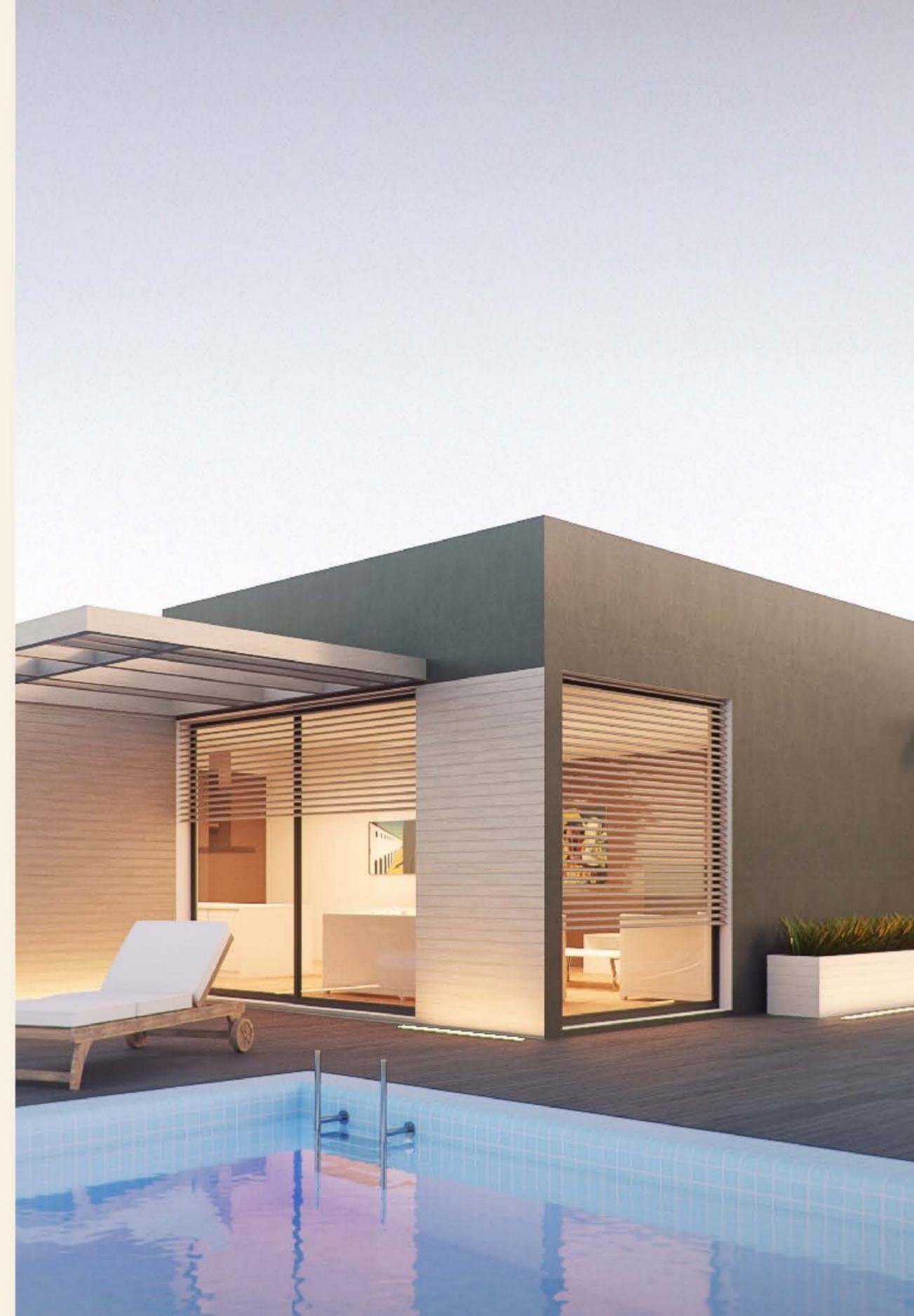
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Enjoy!

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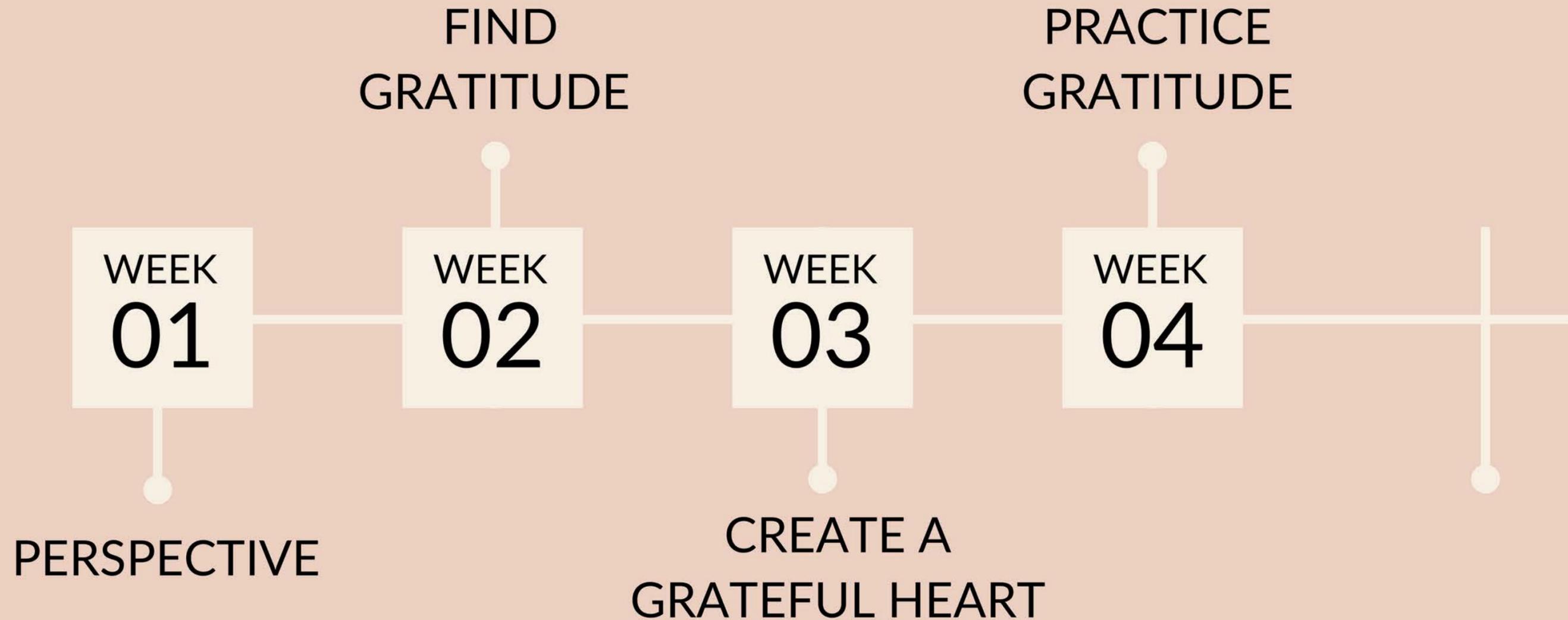


Live a life full of humility,
gratitude, intellectual
curiosity, and never stop
learning.

-GZA

(Gary Grice)

Timeline





Rate Yourself

On a scale of 0-10, how grateful are you right now?

0 = ungrateful, resentful`

3 = mostly ungrateful

5 = neutral

7 = mostly grateful

10 = completely grateful



What do you hope to get out of this
workshop?

Put your answer in the chat.

The background of the image is a soft, out-of-focus field of flowers. On the left side, a single flower is in sharper focus, showing its stem and several petals. The overall color palette is warm and natural, with various shades of brown, tan, and cream. A semi-transparent, light orange rectangular box is positioned on the right side of the image, containing the text.

What is
gratitude?



Gratitude

- Quality of being thankful
- Readiness to show appreciation
- Ready to give and return kindness.
- "Pro-social" emotion.
- Relationship-strengthening emotion (Emmons).
- The moral memory of mankind. (Simmel).

I am
grateful
for

Gratitude

1. Affirmation
2. Recognition
3. Connections



1. Affirmation

- Affirmation of goodness.
- Gratitude includes affirmation that there are good things in the world as well as benefits and gifts.
- Examples: beauty of the sunrise, technology to connect with others, my supportive family.



What are three
good things you
consider to be
gifts or benefits
to you?

Write these down
on your paper.



2. Recognition

- We recognize the sources of goodness are outside of ourselves.
- We acknowledge other people or your higher power gave us many gifts.



Recognition Examples

- Beauty of the sunrise:
nature, higher power
- Technology to connect
with others: human kind
working together
- My supportive family:
many generations,
philosophy of optimism.

A minimalist interior scene featuring a light-colored wooden table against a neutral wall. On the table, from left to right, are a white ceramic jar on a matching tray, a dark glass vase with a dried pink flower, a dark grey rectangular base with a white speckled block on top, a white ceramic bust, a white ceramic cup with vertical ridges, and a lamp with a woven beige shade on thin gold legs. A large, teardrop-shaped mirror hangs on the wall behind the table, reflecting a chandelier and a doorway. The overall aesthetic is clean and modern.

Recognize the
source of the
three good
things / gifts.

Write these
down on your
paper.



3. Connections

- *Actions with gratitude.*
- *Behavior to connect us to others.*
- *Kindness to self & others.*
- *Repay kindness.*
- *Prepay kindness: "Pay it forward."*
- *Zero reciprocal expectation.*



Gratitude as a Social Emotion

- Eliminates judgement.
- Reveals commonalities with others.
- Recognizes inter-dependance.
- Fosters connections with others.
- Allows for survival.

Who are three people you
have gratitude for in
your life?

What value do they bring
to your life?

Write your answers on
your paper.





**Gratitude
feels so GOOD!**



The cost of
ignoring
gratitude



Insufficient gratitude

- Poor quality sleep.
- Lowered immune system/poor health.
- Less emotional connections with others.
- Lack of self compassion and self kindness.
- Trouble being kind to others.
- Objectifying others.
- Resentments.
- Difficulty building relationships.



Lack of Gratitude causes Stress in your Body

- Aches and pains / Muscle tension.
- Increased blood pressure.
- Chest pain or racing heart.
- Exhaustion or trouble sleeping.
- Headaches, dizziness or shaking.
- Jaw clenching.
- Stomach or digestive problems.
- Trouble having sex.
- Weak immune system.



3 steps to Gratitude

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Mindset
relationship to your
thoughts/beliefs



Presence
present moment
awareness & higher
self



Purpose
your unique values
and actions towards
manifesting them



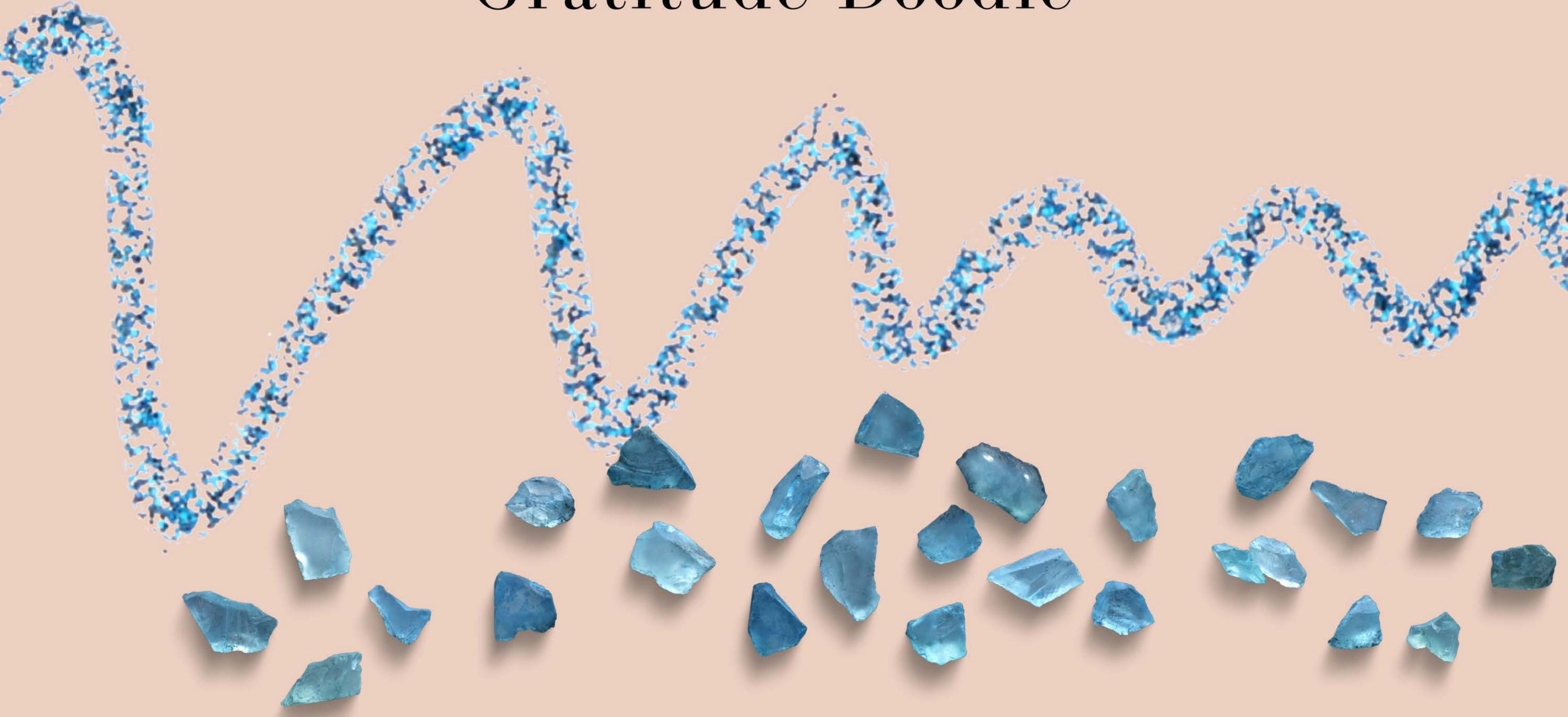
Gratitude Guided Imagery





Make note of your feelings right now. What was it like to focus on your gratitude for yourself?

Gratitude Doodle





Rate Yourself

On a scale of 0-10, how
Grateful are you right now?



Note your "before" and "after" scores for
gratitude.

Put your answers in the chat.



Making Change

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Commitment

noun: the state or quality of being dedicated to a cause or activity

verb: actions which reflect your values

Committed action

Doing what is most important.

Not doing what is not important.

Creating opportunities to respond differently & decisions to persist or alter how you typically respond.



Research says...

Success follows a pattern:

If you have had difficulty with consistency in the past, don't worry! This time you will succeed using the best psychology research!

You will learn and use all of these tricks for success this month.



Committed Action

- Commitment of 1% of each day this month
- 20 minutes a day
- Are your values important enough for you to set aside time for conscious change?

YES!

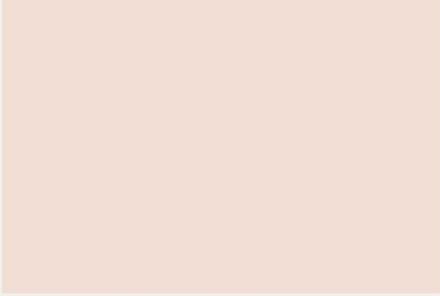


Committed Action



Homework Example

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Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

Perspective

2

What do you NOT want that you DON'T have?

3

What do you have that you DO want?

4

Creative Expression & Reflection



Perspective

- What are your goals for gratitude class?
- Where can you add gratitude this week?



What do you not want?

Research shows that "downward social comparison" can help us find gratitude for what we have.

****Do not use this to beat yourself up, think you are unworthy, spend time on "it could be worse" thinking.***



What do you have that you **DO** want?

- Appreciating what you have that you like.
- Focusing on what is good that you have.
- Let go of resentments.



Art & Reflection

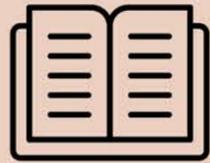
- Create a piece of art using lines, shapes and colors about gratitude.
- Reflect on what you learned.
- Appreciate your strengths and celebrate.
- Avoid judgement.



What will you remember about
today's class?

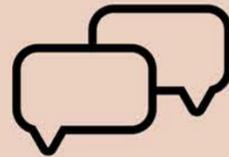
Put your answer in the chat

What To Do Next



Review

Review pages 2-19 in your workbook.



Make the commitment

Schedule 20 minutes a day & write on your planner.

Complete commitment worksheet on page 12.



Week 1

Read and complete Week 1 exercises and complete worksheets.



Looking for More?

For supplemental inspiration about your values and self kindness, find me each Friday at noon PST on IG live @dramybackos

Individual psychotherapy

Signature Packages

January 2023 - Membership!

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Thank you!

