THE GRATITUDE MIND GAME

7 Days of Noticing What You Might Otherwise Miss

A little experiment in attention, perception, and possibility.

KAREN HAND

Every conversation is a Mind Game. Play wisely!

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7 Days of Noticing What You Might Otherwise Miss

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A Little Invitation

Do you owe anyone a thank-you note?

I owe a few.

And perhaps some of the most interesting thank-yous are the ones we never thought to give - to the people who shaped us, to ourselves and even to the ordinary things that quietly make life possible.

This is not a journal about pretending everything is wonderful. You do not have to be grateful for painful experiences, and you do not have to force a feeling.

This is a seven-day invitation to notice something ELSE that's also true. Something you might have overlooked. Something that gives you a new perspective.

You don't have to believe this will change anything. Just be curious about what you notice!

How to Play

1 Find a few quiet minutes.

One page a day is plenty. Write a sentence, a paragraph, or just a few words.

2 Follow your curiosity.

There are no right answers. If a prompt doesn't fit today, notice that too.

3 Listen to your own language.

As you write, pay attention to the words you use about yourself and your experiences.

4 Notice what changes.

Before and after writing, observe your thoughts, feelings, and perspective - without trying to make anything happen.

The mind notices what it has been invited to look for.

What happens when you change the invitation?

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DAY 01

The Gifts Hiding in Plain Sight

TODAY'S INVITATION

Look around you. What do you HAVE in your life right now that you rarely stop to appreciate?

The comfort of a favorite chair. The smell of morning coffee. Soft sheets. A warm home. The light that comes on when you flip a switch.

Things so familiar that you've stopped noticing them.

WHAT COMES TO MIND?

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AND NOW, NOTICE ...

What happens when you shift your attention from what you WANT to what you already HAVE? What might deserve a little thank-you today?

THE GRATITUDE MIND GAME

DAY 02

The People Who Helped Make You YOU

TODAY'S INVITATION

Think of someone who contributed to the person you've become.

Perhaps someone who encouraged you, believed in you, or taught you something valuable. And perhaps someone who showed you exactly how you did NOT want to be!

Both kinds of teachers can influence the choices we make.

WHAT COMES TO MIND?

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AND NOW, NOTICE ...

What did you learn from that person? What did you choose to carry forward, and what did you choose to leave behind? Is there something about who you've become that you can appreciate because of that experience?

DAY 03

Thank the Person Who Got You Here

TODAY'S INVITATION

Think of a difficult time in your life.

Not to relive the difficulty. Instead, become curious about the person you were at that moment.

What did you DO to get through it? What choices did you make? What resources did you find? How did you manage, even when you didn't know what would happen next?

Consider the possibility that, with what you knew and what you had available at the time, you were doing the very best you could.

WHAT COMES TO MIND?

AND NOW, NOTICE ...

What would you like to say to that earlier version of yourself? Could a simple “Thank you for getting me here” be appropriate?

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DAY 04

Discover the Strength You Didn't Know You Had

TODAY'S INVITATION

Think again about something you managed to get through.

What abilities, strengths, understandings, or resources did you discover in yourself along the way?

Perhaps you learned to ask for help. To make difficult decisions. To trust yourself. To begin again.

WHAT COMES TO MIND?

AND NOW, NOTICE ...

Which of those resources are still available to you today? How might appreciating what you did THEN change what you believe you're capable of NOW?

DAY 05

Borrow Someone Else's Eyes

TODAY'S INVITATION

Think of a situation you and someone else see differently.

It could be your mother, your partner, your best friend, or someone whose opinion surprises you.

For a moment, imagine looking at that situation through THEIR eyes.

What might they be noticing that you haven't noticed? What experiences or beliefs might have led them to their conclusion? And what experiences or beliefs led you to yours?

WHAT COMES TO MIND?

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AND NOW, NOTICE ...

You don't have to agree with their interpretation to appreciate that another interpretation exists. What ELSE might be true? And what can you appreciate about having more than one way to see the same situation?

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DAY 06

Change the Conversation in Your Head

TODAY'S INVITATION

Listen to something you've been telling yourself lately.

Perhaps it's about something you wish were different, something you haven't accomplished, or something you believe you can't do.

Notice the words you're using. Now become curious.

What ELSE is ALSO true? Perhaps something you've accomplished, a resource you already have, or a possibility you haven't considered.

WHAT COMES TO MIND?

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AND NOW, NOTICE ...

How does the conversation change when you include something you can appreciate about yourself or your circumstances? You don't have to erase the original thought to make room for another one.

DAY 07

From Gratitude to Possibility

TODAY'S INVITATION

Over the past six days, you've been practicing a different way of directing your attention.

You've noticed what you HAVE, who helped shape you, what you've survived, the resources you've developed, and the possibilities that appear when you change perspective.

Now, look ahead. What would you like MORE of in your life? And which of the things you've already discovered, experienced, or developed might help you create it?

WHAT COMES TO MIND?

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AND NOW, NOTICE ...

Imagine yourself sometime in the future, enjoying that possibility. What are you doing differently? What are you noticing? What are you appreciating? And what's one small thing you can do NOW to begin?

What Did You Notice?

Not what did you learn. Not how much more grateful are you.

Simply ... what did you notice?

What did you notice that you hadn't been noticing before?

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What did you discover about the person you've become?

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What might you appreciate now that you hadn't thought to appreciate before?

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And how might you use these discoveries to create more of what you want?

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The Next Chapter

A thank-you doesn't have to end a conversation.

Sometimes it starts one.

Perhaps you'll keep this journal close. Perhaps you'll return to a prompt on a day when your mind seems especially good at finding what's wrong.

And perhaps you'll discover something else that's ALSO true.

Same life.
Different focus.
Different experience.



With gratitude and curiosity,

Karen Hand