

Grounding Gratitude

Gratitude grounding is a mindful practice that can help you feel connected to others, the planet, and yourself. It can also help you feel less aggression and negativity, and build self-confidence. Follow this worksheet to enhance your mindfulness and emotional resilience!

Step 1: Pause and Ground Yourself

Grounding helps you connect to the present moment and calm your mind. It reduces stress, enhances mindfulness, and prepares you emotionally to fully engage in gratitude. By focusing on your senses first, you clear mental clutter, making your gratitude practice more meaningful and impactful.

Take a moment to focus on your surroundings and complete the following:

1. **5 things you can see:**

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2. **4 things you can touch:**

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3. **3 things you can hear:**

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4. **2 things you can smell or wish you could smell (e.g., coffee, flowers):**

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5. **1 thing you can taste or want to taste (e.g., your favorite food):**

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Grounding Gratitude cont.

Step 2: Reflect on Gratitude

Now that you are grounded, reflect on these gratitude prompts:

1. **One thing you are grateful for in this moment:**
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2. **One person who has positively impacted your life recently:**
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3. **One challenge you faced that taught you something valuable:**
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4. **One thing you're looking forward to or excited about:**
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5. **One aspect of yourself you're grateful for today:**
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Step 3: Set an Intention

Reflect on how gratitude can influence your day. Write one intention for how you'll carry this gratitude forward:

- Today, I will _____.

Why Set an Intention?

Setting an intention helps you carry the calm and gratitude from this exercise into your day. It provides focus, encourages positive action, and connects this practice to your daily life for lasting impact.

For additional gratitude practices and resources, visit: [mindful.org](https://www.mindful.org)

