

THE TEN IN SEVENTY-TWO EXERCISE

A Purposeful Visioning Exercise to Help Cultivate an Attitude of Gratitude

“The road to gratitude begins with awareness.” —Unknown

The purpose of this Ten in Seventy-Two Exercise is to help strengthen our capacity for gratitude. It is just one of the seven exercises I recommend you complete on your path to forming a habit of gratitude.



STEP 1 OF THE TEN IN SEVENTY-TWO EXERCISE:

Create a list of ten kind deeds, nice things or kind words which you have experienced or heard in the last three days (approximately seventy-two hours). While your completing this list, we'd encourage you to think about what others did to make these positive things possible. Here's a series of prompts to help you complete your list.

I am grateful for:

I was amazed that:

I felt really good when:

I am so grateful that _____ is a part of my life.



The nicest thing anyone did for me in the last seventy-two hours was:



The meal I enjoyed the most in the last seventy-two hours was:

Something I pretty much take for granted but for which I've felt gratitude in the last seventy-two hours was:

I didn't expect it but it was so nice that:

One of the basic things which makes my life so much easier, enjoyable or productive and for which I feel really grateful when I pause to think about it is:

When I think about my health and well-being, I am grateful for:

When I needed help I was grateful that:

Perhaps the nicest thing that anyone said to me in the last seventy-two hours was:

When I pause to count my blessings of the last seventy-two hours I'm grateful for:



STEP 2 OF THE TEN IN SEVENTY-TWO EXERCISE:

Once you have filled in ten things you have felt gratitude or appreciation for during the last seventy-two hours (there are actually thirteen prompts above so if you gave an answer to each of them you may want to select the ten items you feel most grateful or appreciative for), go back and write briefly in the space below each item about why you are grateful for that item or describe the feelings you experienced when you paused to reflect about the goodness or kindness associated with that item.

STEP 3 OF THE TEN IN SEVENTY-TWO EXERCISE:

When you have completed describing the feelings of gratitude you have or the reasons you feel grateful for each of those items you included in your Top Ten List, take a few minutes to review your list and select one of those items to share with someone else. It might be the person who made you feel grateful. It might be a friend or loved one you trust or care deeply about and who will treasure knowing what you have been thinking. Or, if you are a spiritual individual you might want to share your gratitude in a prayer, chant or meditation. The key to this final step is to verbalize your gratitude and open yourself to the possibility of more frequently sharing expressions of appreciation for the gratitude you feel.



“Feeling gratitude and not expressing it is like wrapping a present and not giving it.” — William Arthur Ward

