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Daily Gratitude Reflection



The way we think affects the way we see the world, and our perception affects the way we feel and react. According to the National Science Foundation, up to 80% of the 60,000 thoughts we think every day can be negative. The tendency of our minds towards negativity (negativity bias) aims to protect us and avoid danger. Practicing gratitude is a wonderful tool to balance the tendency toward the negative and to develop a more positive mindset.

Naming just a few things to be grateful for can make a significant difference!





Daily Gratitude Reflection

Today's Date:

What are five things you are grateful for?

- 1.
- 2.
- 3.
- 4.
- 5.

What are five things that are positive in your life?

- 1.
- 2.
- 3.
- 4.
- 5.

What is something positive about you, or something you can thank yourself for?

- 1.
- 2.
- 3.

What is something positive about someone else? This could be your partner, your child, or a friend.

- 1.
- 2.
- 3.
- 4.
- 5.

In this moment, what is something that supports you? You could start with the chair you are sitting on, the air you are breathing, the light (natural or electric), the device you are using, etc.

- 1.
- 2.
- 3.
- 4.
- 5.



For more information about couples sessions

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