

CULTIVATING GRATITUDE

FIVE DIRECTIVES/PROMPTS FOR SELF

(YOU CANNOT GIVE YOUR CLIENTS WHAT YOU DO NOT HAVE YOURSELF)

1. Make a tray about how others have helped you along your therapist journey - currently or in the past
2. Make a tray about 3 things that you love about your life
3. Make a tray about 1 thing you wished for/prayed for that you now have - highlight how this came into being
4. Make a tray about your favorite client or type of sessions
5. Make a tray about what you can do to be more mindful of your blessings

FIVE DIRECTIVES/PROMPTS TO HELP CLIENTS CULTIVATE A GRATITUDE MINDSET

1. Make a tray about what would go through your mind if your car wouldn't start (one side of the tray) Make a tray about another way you could think about the situation (on the other side of the tray) For example: This is the worst, I'm screwed, this kind of thing always happens to me vs. I can call someone, I'll catch up on some phone calls or chat with a friend while I'm waiting
2. Make a tray about what mindfulness means to you (concentrate on helping client identify things to be mindful and thankful)
3. Make a tray about 5 things you couldn't live without and why
4. Make a tray about your best day - identify at least 3 events of why it was the best day
5. Make a tray about your support system in your life - do the tray like a spider web - put yourself in the middle and then the support outside in rings