

WB 8.10 — Gratitude Practice

Use with Chapter 16 (Daily Maintenance Habits) in the manual, Chapter 12 in Shoulder the Bill.

Purpose Gratitude reliably lifts positive states — but as a practice, not a chore. Rather than a 30-day grid, this page invites specific, felt observations you can return to whenever you want to notice what is good.

How to use this page

When: Use whenever you want to shift toward what is working. Specific beats general — name the actual thing.

Done when: You have written at least three specific, felt observations.

Worked example

Not ‘my family’ but ‘my daughter’s laugh at breakfast this morning.’
Not ‘my health’ but ‘the walk I took when my head was full and it cleared.’
Specific and felt is what makes gratitude land.

Anchor Phrase: ‘Good moments count for as long as I stay in them.’

Loop stage: Recover

Three specific things I am grateful for today — and why each one matters:

One I want to remember on a hard day:

Who I told, or will tell. Saying it out loud is part of the practice:

One I noticed while it was happening rather than afterwards — and what made me notice:

☐ Self-Reward Loop completed