



THRIVING THROUGH MOTHERHOOD *coaching*

CREATING A

Gratitude Habit

Creating a gratitude habit is an **effective and powerful exercise** for improving our health and well-being. Gratitude involves showing appreciation for the things in life that are meaningful or valuable to you. Taking a moment to notice and acknowledge the things you're grateful for each day can brighten your outlook, boost your mood, and help you feel more positive in the face of challenges.

We can get caught up in a negativity bias, where we focus on bad news and unpleasant experiences, yet allow moments of positivity to fade into the background. Fortunately, practicing gratitude is like exercising a muscle. This can be achieved through daily or weekly personal reflection, by noting down in a journal what you are particularly grateful for.

The key is that it should be **manageable and enjoyable**. You'll find it becomes easier the more you develop this practice.

To get started, the following pages offer some helpful prompts to develop a lasting gratitude habit. The important thing to remember is that this is completely **personal to you**.

DAILY

Gratitude



DATE __/__/____

MORNING

Why I'm looking forward to today

Today I choose to feel:

My affirmation for today is:

I will show my gratitude by:

EVENING

People that made me feel grateful today:

Experiences that made me feel grateful today:

The highlight of my day:

What made me smile today?

An important lesson I learnt today:

DAILY

Gratitude



Consider each of the following and describe how they make you feel grateful

MY FAMILY

MY FRIENDS

MY ACHIEVEMENTS

MY CHALLENGES AND OBSTACLES

MY HOBBIES AND PASSIONS

MY MIND

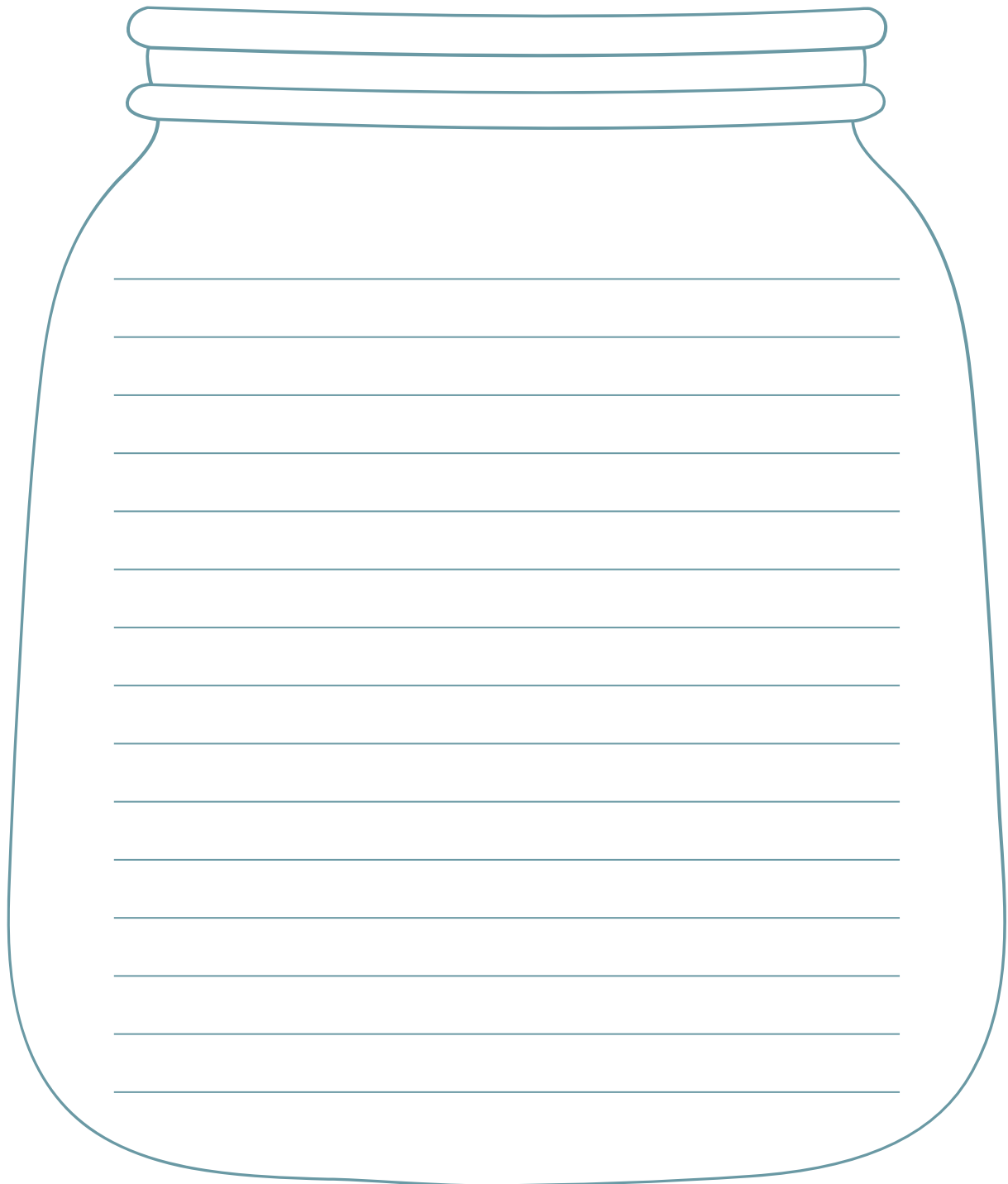
MY BODY

MY KNOWLEDGE AND UNDERSTANDING

GRATITUDE

Jar

A gratitude jar is a place where you can collect your reasons to be grateful. Over time in the jar below, note down some of the things that make you feel grateful.



The jar is a large, rounded container with a narrow neck. The neck is decorated with three horizontal lines, suggesting a lid or a decorative band. The main body of the jar is filled with horizontal lines, providing space for writing down reasons to be grateful.

DAILY

Gratitude Tracker



Each day I am grateful

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

30 IDEAS OF

Daily Gratitude



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01
Volunteer for
a charity.

02
Write a letter
thanking
someone.

03
What foods
are you
thankful for?

04
Think of a
challenge and
what you
learned.

05
Phone a
friend for a
chat.

06
Give someone
a
compliment.

07
Smile at
people you
don't know.

08
Hug
someone.

09
Do a random
act of
kindness.

10
Do something
for yourself.

11
Text someone
to say you're
thankful for
them.

12
What skill do
you have that
you're grateful
for?

13
Donate
something to
charity.

14
Treat
someone to
lunch.

15
What do you
love about the
place you live?

16
What do you
love about
your friend?

17
Try something
new like food
or an activity

18
What do you
love about
your job?

19
Watch a video
that inspires
you.

20
What book
did you enjoy
reading
recently?

21
What do you
love about the
planet?

22
Replace
complaints
with
blessings.

23
What is
something
that brings
you hope?

24
Give someone
a small gift.

25
What smell
do you love?

26
What are your
talents?

27
Leave a kind
note in a
public place.

28
Focus on
positive
feelings and
moments.

29
What do you
find to be
beautiful?

30
Send
someone
some flowers.



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OFFICE HOURS:

09:00 - 17:00 Monday to Friday

EMAIL:

amylowrycoaching@gmail.com

SOCIALS:

If you would like to learn more about how I can support you, I would love to hear from you.

I'm here for you and ready to listen.

I offer 1:1 solution focused coaching that is tailored to suit your needs.

If you have found motherhood a life changing experience, hugely challenging and are in an emotional tug of war between who you were and who you want to be, I can help.

Whether you're starting from rock bottom or a place that just feels unmanageable to you or whether you're on maternity leave or have returned to work, I can help.

I will support you to build a vision for your future, by understanding your current mindset, reflect on where you are right now, gain clarity on where you want to be and identify where the gaps are. Thus creating a plan and focusing on actionable steps moving forward.

As someone who struggled with my own transition into motherhood, I hear you and I get you.

I passionately believe that the support women receive during this rite of passage can be life changing.

Working together through structured sessions, I will see your potential, your strength, your passion, heart and soul.

I am here to motivate you, celebrate you and keep you accountable so you can make the kind of changes that stick.

I am fully in your corner, offering a welcoming, confidential and non judgemental safe space, where you can feel supported, listened to, valued, encouraged and empowered through the process.

WHAT ARE YOU WAITING FOR?