



3 GOOD THINGS EXERCISE

DAY 1 OF RAK WEEK 2021
GRATITUDE CHALLENGE

(15 MINUTES FOR 5 NIGHTS IN A ROW)



For at least 5 days:

- o Write down 3 things that went well for you today, and provide an explanation for why they went well. It's important to create a physical record by writing them down rather than doing this exercise in your head. The items can be relatively small in importance (e.g., "my co-worker made the coffee today") or relatively large (e.g., "I got a big fellowship"). To make this exercise part of your daily routine, some find that writing before bed is helpful.
- o Give each event a title (e.g., "co-worker complimented my work on a project").
- o Write down exactly what happened in as much detail as possible, including what you did or said and, if others were involved, what they did or said.
- o Include how this event made you feel at the time and how this event made you feel later (including now, as you remember it).
- o Explain what you think caused this event—some reasons why it came to pass.
- o Use any writing style and do not worry about perfect grammar and spelling. Use as much detail as you'd like.
- o If you find yourself focusing on negative feelings, refocus your mind on the good event and the positive feelings that came with it. This can take effort but gets easier with practice and can make a real difference in how you feel.



SAVORING WALK



DAY 2 OF RAK WEEK 2021
GRATITUDE CHALLENGE

(20 MINUTES)

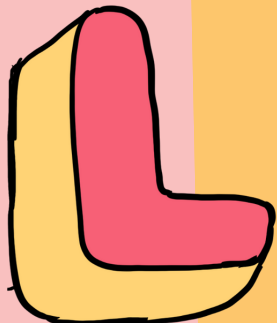
Set aside 20 minutes to take a walk outside by yourself.

As you walk, try to notice as many positive things around you as you can. These can be sights, sounds, smells, or other sensations. For example, you could focus on the breathtaking height of a tree you never really noticed before, the intricate architecture of a building on your block, the dance of sunshine off a window or puddle, the smell of grass or flowers, or the way other people look out for each other as they navigate the neighborhood.

As you notice each of these positive things, acknowledge each one in your mind—don't just let them slip past you. Pause for a moment as you hear or see each thing and make sure it registers with your conscious awareness, really take it in. Try to identify what it is about that thing that makes it pleasurable to you.

Even if you walk a very familiar route, see if you can identify something new to savor.



A large, stylized letter 'G' with a yellow outline and a pink-to-red gradient fill.A large, stylized letter 'L' with a yellow outline and a pink-to-red gradient fill.A large, stylized letter 'A' with a yellow outline and a pink-to-red gradient fill.A large, stylized letter 'D' with a yellow outline and a pink-to-red gradient fill.

GLAD

EXERCISE

DAY 3 OF RAK WEEK 2021
GRATITUDE CHALLENGE

(2-5 MINUTES)

Take a few minutes to think of:

G- something you're grateful for

L- something you learned this week

A - something you accomplished this week (no matter how small!)

D - something that delighted you this week

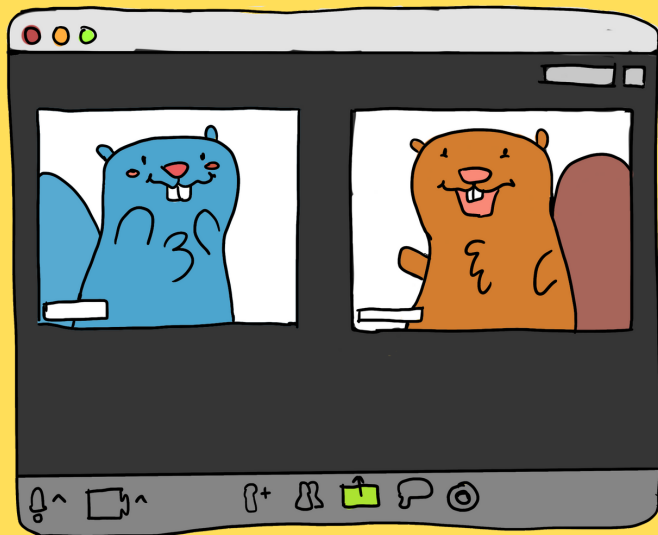
This is a great activity to do with friends or as a family dinner discussion.



**DAY 4 OF RAK WEEK 2021
GRATITUDE CHALLENGE**

GRATITUDE LETTER

(15-30 MINUTES)



Call to mind someone who did something for you for which you are extremely grateful but to whom you never expressed your deep gratitude.

Write a gratitude letter to said person: Describe in specific terms what this person did, why you are grateful to this person, and how this person's behavior affected your life. Try to be as concrete as possible.

Try to keep your letter to roughly one page (~300 words).

Next, if at all possible, plan a video or phone chat with the recipient. Let that person know you'd like to see him or her and have something special to share, but don't reveal the exact purpose of the meeting. When you meet, let the person know that you are grateful to them and would like to read a letter expressing your gratitude; ask that he or she refrain from interrupting until you're done.

Take your time reading the letter. While you read, pay attention to his or her reaction as well as your own. After you have read the letter, be receptive to his or her reaction and discuss your feelings together.

If possible, email or send the letter afterward.

GRATITUDE JOURNAL

DAY 5 OF RAK WEEK 2021 GRATITUDE CHALLENGE

(10-15 MINUTES FOR 1-3 DAYS)

Gratitude research indicates that keeping a gratitude journal 1-3 days per week may be more impactful than keeping a daily gratitude journal. No need to overdo it.

The important thing is to write deep and specific detail when thinking of things to be grateful for. Specificity is key to fostering gratitude. "I'm grateful that all of my friends were able to make our game night this week" will be more effective than "I'm grateful for my friends."

Go for depth over breadth. Elaborating in detail about a particular person or thing for which you're grateful carries more benefits than a superficial list of many things.

Get personal. Focusing on people to whom you are grateful has more of an impact than focusing on things for which you are grateful

Try subtraction, not just addition. Consider what your life would be like without certain people or things, rather than just tallying up all the good stuff. Be grateful for the negative outcomes you avoided, escaped, prevented, or turned into something positive—try not to take that good fortune for granted.

Savor surprises. Try to record events that were unexpected or surprising, as these tend to elicit stronger levels of gratitude.

Revise if you repeat. Writing about some of the same people and things is OK, but zero in on a different aspect in detail.

