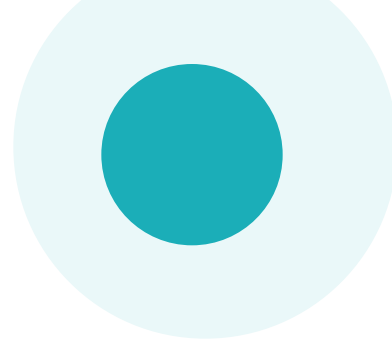




A NAVIGATE THERAPY RESOURCE

THE GRATITUDE ZOOM-IN

A 14-day practice in noticing what's worth appreciating

For the next 14 days, once a day, choose one thing you genuinely appreciate. It can be something meaningful or something very small. The same time each day can be helpful, but it's completely fine to do it at different times.

Set aside 2-5 minutes

and work through the questions below.

THE PRACTICE • QUESTIONS 1-3

1

What happened?

Describe the moment specifically. What are you appreciating?

2

Zoom in.

What did you see, hear, smell, taste, or physically feel?

3

Why does this matter to you?

What makes this particular moment meaningful?

THE PRACTICE • QUESTIONS 4-6

4

Who or what made this possible?

Think about a person, relationship, circumstance, effort, choice, or bit of luck.

5

Stay with it.

Pause for 20–30 seconds. Rather than simply naming what you're grateful for, let yourself actually experience the feeling of appreciation.

6

Is there anything you want to do with this gratitude?

Maybe tell someone. Send a text. Savor the moment again tomorrow. Or simply carry the awareness with you.

A note about this practice

within the life you actually have.