

Optimism & Gratitude



O - The sixth letter of S.E.L.F. L.O.V.E.

S.E.L.F. L.O.V.E. Transformational Project

About This Session

The "O" in S.E.L.F. L.O.V.E. Gratitude is a practice, not just a feeling. This session introduces evidence-based gratitude tools that genuinely rewire the brain toward greater wellbeing, resilience, and self-compassion.

O - Optimism and Gratitude

Gratitude is not about pretending everything is perfect. It is about training your attention to notice what is good, even when things are hard, because both are always true at once.

Three Good Things

Write three good things that happened today or recently. For each, note: why it happened, and what it says about you or your life.

Good thing 1:

Good thing 2:

Good thing 3:

10 Heartfelt Gratitude Prompts

Go beyond the surface. Be specific, be honest, let yourself feel it.

Something about my body I am grateful for:

A person who has shaped me in a positive way:

A challenge I am grateful for (even if it was painful):

Something I often take for granted:

A part of my personality I appreciate:

A moment of beauty I witnessed recently:

Something I have learned in the last year:

A resource, skill, or ability I am fortunate to have:

A relationship that brings me genuine joy:

Something about my life right now that future me will be grateful for:

Gratitude for a Challenge

Choose one difficult experience and find 3 genuine reasons to be grateful for it. What did it give you? Who did it make you?

My 365 Gratitude Challenge

Choose ONE daily practice to anchor your gratitude (e.g. 3 things before sleep, a gratitude letter each Sunday, noting moments of beauty). Commit here:

My daily gratitude practice:

Reflection Questions

1. What area of your life do you find it hardest to feel grateful for, and why?

2. How did writing 10 heartfelt gratitudes make you feel, compared to how you felt before?

3. What is the relationship between gratitude and self-love for you personally?

4. What is one tiny moment of beauty you noticed today that you might usually overlook?

My Notes
