

NOTICE MORE OF WHAT FEELS GOOD

The Gratitude Guide

Tiny ways to notice what is already good - in the morning, in the middle of your actual life, and before the day ends.



Gratitude does not mean pretending everything is perfect.

It means giving the good things a little more airtime.

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Morning: choose what you want to notice

Before your brain starts collecting problems, give it one small direction.

- **Before you pick up your phone:** name one thing you are glad is here.
- **While you get ready:** notice one comfort - warm water, coffee, clean clothes, sunlight, music.
- **Write one sentence:** "Today, I want to notice..."
- **Choose one person:** think of someone you are grateful exists, even if you do not contact them.
- **Find one ordinary luxury:** a bed, heat, a favorite mug, a quiet car ride, five minutes alone.

Morning prompt:

What is already good before anything else happens today?

Afternoon: interrupt autopilot

The middle of the day is where gratitude is easiest to lose. Use it as a tiny reset - not a homework assignment.

- **Look up.** Find one beautiful or interesting thing in your actual surroundings.
- **Send one thank-you text.** It can be as simple as: "I was just thinking about you. I'm glad you're in my life."
- **Name what is working.** One thing is enough.
- **Notice your body doing something for you.** Walking. Breathing. Carrying. Hugging. Stretching.
- **Take a joy photo.** Not for Instagram. Just to teach yourself to collect moments.
- **Ask:** "What would I miss if it disappeared tomorrow?"

The 30-second gratitude reset

1 thing I can see.
1 thing I can feel.
1 person I appreciate.
1 thing that made today easier.

Evening: let the good things count

Your brain is very good at replaying what went wrong. Give it something else to rehearse before sleep.

- **Three tiny goods:** list three small things that felt nice, funny, easy, delicious, useful, or kind.
- **One hard thing:** name something difficult you handled.
- **One person:** who made today better?
- **One body thank-you:** what did your body allow you to do today?
- **One anticipation:** what are you looking forward to - even a little?

Tonight I am grateful for:

1. _____

2. _____

3. _____

A 7-day gratitude experiment

Do one small thing each day. No catching up required.

DAY 1

Notice five ordinary comforts you usually overlook.

DAY 2

Text someone one specific thing you appreciate about them.

DAY 3

Take one photo of something that made the day better.

DAY 4

Write down one thing your body did for you today.

DAY 5

Name one inconvenience that also contains something useful or good.

DAY 6

List three things you once wanted that are part of your life now.

DAY 7

Choose your favorite gratitude practice from the week and keep only that one.

Use this with The Evrything Planner

Your planner already gives you a place to pause, notice what matters, and make room for yourself. Use these gratitude prompts as a companion instead of adding a separate complicated practice.

Try this simple rhythm:

- **Morning:** write one thing you are grateful for before your priorities.
- **Midday:** add one tiny joy, win, or moment worth remembering.
- **Evening:** finish with one sentence: “The best part of today was...”
- **Once a week:** look back and circle the things that came up more than once. Those are clues about what actually makes your life feel good.

The Evrything Planner

Make more room for what matters.

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Remember:

Gratitude is not a demand to be positive. It is a practice of noticing. The goal is not to deny what is hard. It is to make sure the good does not disappear simply because the hard is louder.