

Gratitude with a spine

The version of gratitude the research backs, including its hard form: naming what a difficult season built in you, without pretending it wasn't hard.

YOGA PROS

Handout 16 • goes with the Learning Hub article of the same name



◆ HANDOUT 16

Inside this handout

The version of gratitude the research backs, including its hard form: naming what a difficult season built in you, without pretending it wasn't hard.

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◆ HOW TO USE IT

- Print it, or fill it in on a tablet. Paper works better than it should.
- Read the article first if you can. The handout is the practice; the article is the thinking behind it.
- There is no score and nothing to get right. It is a working page, not a test.

◆ WHEN TO USE THIS

- When gratitude practice has gone flat or started feeling like performance
- In the weeks when the hard chapter sits close to the surface
- When you are guiding appreciation in class and cannot feel a word of it

◆ THE PRACTICE

Step by step

01 Three with detail

Write three entries with real detail, because detail is what makes the mind look again.

02 Keep it occasional

Tie it to a moment that already exists, a couple of times a week; less often with attention beats a daily recital.

03 The unsent letter

Once this fortnight, write to the difficult season by hand: what it took first, then what it built.

04 Paper only

Keep the whole practice in a notebook, where an entry can be clumsy and true at once.

05 Review at two weeks

After a fortnight, decide honestly whether the practice stays.

◆ YOUR PAGE

Write it *down*

Three things from this week, with detail...

What the difficult season took from me...

What got built in me while I was getting through it...

◆ BEFORE YOU FINISH

☐ Two weekly slots tied to real moments

☐ Four dated entries this fortnight

☐ Unsent letter written by hand

☐ Everything kept on paper

☐ Honest review after two weeks

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This handout supports the article ‘Gratitude with a spine’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

➤ A morning practice that isn't for your students

➤ Five facts of a teaching life

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