

HANDOUTS

ATTITUDE OF GRATITUDE

WORKSHOP

SupportForSport.org



CULTIVATING GRATITUDE ACTIVITY WORKSHEET

Make a list of things you are grateful for in your life. Using the lines below, state why each of these things are meaningful to you. These can be people, events, or any number of things.

I AM GRATEFUL FOR...

(Example) My brother/sister
(Example) My schedule this semester
(Example) My teammate Sam
(Example) The weather today

BECAUSE...

He/she is always supportive when I need someone to talk to.
I have Fridays off, so I can take a nap and feel more rested.
He/she challenges me to work hard at practice and be better.
I spent time outside with friends, which made me happy.

I AM GRATEFUL FOR...

BECAUSE...

[illegible]

LIVING GRATITUDE WORKSHEET

Exercises to Cultivate Gratitude in Life and in Sport

1. Write a Gratitude Letter.

Write a letter of gratitude to someone explaining: (a) Why you are grateful to them; (b) What impact this has had on your life; and (c) How your life/experience would be different without them. If you have the opportunity, reading the letter to them in person can increase the significance of this experience. Giving or sending it to them in writing works, too.

2. Grateful reflection. (This can be practiced mentally or in writing.)

Questions to help us reflect on what we're grateful for and whom we're grateful to:

- What went well this week?
- What are some good things in my life that I've taken for granted?
- What are some good things in my sport that I've taken for granted?
- What do I like most about my classes this semester?
- What was my favorite meal this week and why?
- What do I like most about the city and/or country I live in?
- What opportunities have I had to use my strengths/talents?
- What opportunities have I had to serve others?
- What do I appreciate about my teammates?
- In what ways have I grown as a person?
- In what ways have I grown as a teammate?
- What are some challenges I've overcome in my life?
- What gives me hope for the future?
- What gives me meaning in life?
- How do I find meaning in my sport?
- What coaches have contributed positively to my sport experience and how have they done so?
- Who has been a source of emotional support in my life?
- Who has been a source of encouragement to me?
- Who inspires me and why?
- With whom did I have a pleasant interaction in practice this week?
- With whom did I have an enjoyable conversation this week?
- What will I miss about my collegiate sport experience?
- Who makes me laugh?

3. Write down 3 Good Things (Seligman, Steen, Park, & Peterson, 2005).

Make a list of 3 good things that happen every day for one week. Consider continuing this practice for a month, or adjusting the frequency (for example, 2-3 times per week for a month). This could be related or unrelated to your sport experience. Examples might include: the weather, a good meal, spending time with friends/family, a positive event, overcoming a challenge, getting sleep, goal achievement.

4. Start a Gratitude Journal.

Examples of journal prompts include:

- When have you felt grateful or thankful, deeply appreciative of someone or something?
- What gifts do you treasure most?
- When has someone gone out of their way to do something good for you?
- When have you simply basked in how lucky you are?
- When do you feel the urge to repay a kindness?
- What inspires you to get creative about giving back?

5. Download a Gratitude App.

Consider using an app on your phone such as 365 Gratitude, Gratitude, Live Happy, Day One Journal, Grateful, Happify, or Happier. This can allow you to practice a grateful mindset regularly.