

# gratitude 2025



**Why gratitude?** Because it shifts how we see the world. When we pause to notice and appreciate what's good, we strengthen our emotional well-being, deepen our connections, and open the door to greater joy. Gratitude isn't just a feeling—it's a practice that trains the mind to look for light, even in ordinary or difficult moments. Over time, it doesn't just change what we see—it changes who we become.

**“Gratitude is a powerful catalyst for happiness. It's the spark that lights a fire of joy in your soul.” – Amy Collette**



## The Science Behind Gratitude

### How gratitude changes the brain



- Engages valuation & emotion-regulation hubs. When people feel or recall gratitude, fMRI studies show increased activity in the medial prefrontal cortex and anterior cingulate, regions tied to valuing, meaning-making, and regulating emotions.
- Tunes reward circuitry & prosocial motivation. Gratitude relates to stronger responses in ventromedial prefrontal cortex and nucleus accumbens, helping the brain encode giving/connection as rewarding—one reason gratitude tends to boost generosity.

### What changes in behavior & health



- Mental health (small but reliable gains). Large syntheses of randomized trials find gratitude practices lead to small improvements in overall well-being and reductions in anxiety/depressive symptoms—real effects, just not a magic wand.
- Better sleep via quieter pre-sleep rumination. Trait and practiced gratitude are linked to better sleep quality, longer duration, and faster sleep onset, largely because bedtime thoughts skew more positive and less worry-laden.
- Stress physiology: early signs are promising. In clinical pilots (e.g., heart-failure patients), gratitude journaling was associated with shifts in heart-rate variability and inflammatory biomarkers, consistent with better stress regulation—evidence is preliminary but encouraging.

### What actually works (evidence-based tips)



- Low-dose, consistent practice beats bursts. Meta-analyses suggest brief, routine exercises (2–10 minutes) repeated over weeks work as well as longer ones. Think “Three Good Things” nightly or a weekly gratitude letter.
- Make it specific and social. Practices that name a person, what they did, and how it helped (and, when possible, share it with them) tend to yield bigger gains than generic lists.
- Pair with other skills. Because effects are modest, gratitude works best alongside sleep hygiene, cognitive restructuring, mindfulness, and strengths use.

**As you explore gratitude in these pages, remember that each reflection strengthens the neural pathways of optimism and connection.**

# instructions

These sheets contain journal prompts and other questions to help you tap into gratitude. This is **your** learning...you do what feels best to you.

Here are some tips to help guide you, should you want or need them.

- set aside some time each morning and evening to reflect on the worksheets
- consistency is key to building any practice
- if social media is your thing, head over to Instagram @true\_north\_lead and share your thoughts on the daily prompts (qr code below)
- find some time before 11/1 to complete the opening reflection questions + scientific assessment of your gratitude levels
- plan for extra time each Sunday to complete the weekly reflections
- even if you skip a few days, finish the closing reflections + re-take the assessment
- have fun + connect with those who matter most to you, including yourself



@TRUE\_NORTH\_LEAD

Reflection questions + intention setting. Action items can be things that reinforce your reflection - like connecting with friends and family + savoring small things in your day.

## DAILY GRATITUDE JOURNAL

DATE: 11/1 Saturday

### JOURNAL PROMPT

What is one simple thing you're grateful for today that you often take for granted?

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### TODAY I AM GRATEFUL FOR...

### WAYS I WANT TO BE TODAY...

### I AM EXCITED ABOUT...

### ACTION ITEMS...

### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

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Inspired quote. What does this make you think about? It's different each day.

"Gratitude turns what we have into enough." — Aesop

Write about your thoughts. Morning is a great time to set intention for the day. Or if you are more reflective in the evening, carve out time for yourself to capture your thoughts. Prompts are different each day.

MOOD TRACKER

😊  
😐  
😞  
😡  
😢  
😄

Track your mood + record your day. Think of ways you were proud of yourself each day.



# opening reflection



Why did you say yes to this course?

Describe what gratitude means to you.

Think of a time you felt extremely grateful in your life. What were the circumstances? Is something about that time different than now?

What do you need to build consistency for this month?

Overall how do you feel starting this course?



# pre-assessment

## Gratitude Questionnaire

| Please check a box on how you feel right now. |   | Strongly Disagree             | Disagree                      | Slightly Disagree             | Neutral                       | Slightly Agree                | Agree                         | Strongly Agree                |
|---|---|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| GQ 1  | I have so much in life to be thankful for.  | <input type="checkbox"/><br>1 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>7 |
| GQ 2  | If I had to list everything that I felt grateful for, it would be a very long list.   | <input type="checkbox"/><br>1 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>7 |
| GQ 3  | When I look at the world, I don't see much to be grateful for. (R)  | <input type="checkbox"/><br>7 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>1 |
| GQ 4  | I am grateful to a wide variety of people.  | <input type="checkbox"/><br>1 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>7 |
| GQ 5  | As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history. | <input type="checkbox"/><br>1 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>7 |
| GQ 6  | Long amounts of time can go by before I feel grateful to something or someone. (R)  | <input type="checkbox"/><br>7 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>1 |

**Scoring:** Add the responses varying from 1-7 for all eight items giving a range from 6-42. A higher score represents a person with more gratitude.

(Note: R = reverse-scored item)

**Your total score:** \_\_\_\_\_

McCullough, M. E., Emmons, R. A., & Tsang, J. A. (2002). The grateful disposition: a conceptual and empirical topography. *Journal of personality and social psychology*, 82(1), 112.

### REFLECTION

**What did you notice? What surprised you?  
What would you like to change?**

11

# November

2025

| Sunday | Monday | Tuesday                       | Wednesday | Thursday | Friday | Saturday |
|--------|--------|-------------------------------|-----------|----------|--------|----------|
|        |        |                               |           |          |        | 1        |
| 2      | 3      | 4<br>True North<br>Power Hour | 5         | 6        | 7      | 8        |
| 9      | 10     | 11                            | 12        | 13       | 14     | 15       |
| 16     | 17     | 18                            | 19        | 20       | 21     | 22       |
| 23     | 24     | 25                            | 26        | 27       | 28     | 29       |
| 30     |        |                               |           |          |        |          |

HOW I WANT TO BE THIS MONTH

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# DAILY GRATITUDE JOURNAL

DATE: *11/1 Saturday*

## JOURNAL PROMPT

What is one simple thing you're grateful for today that you often take for granted?

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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"Gratitude turns what we have into enough." — Aesop



# DAILY GRATITUDE JOURNAL

DATE: *11/2 Sunday*

## JOURNAL PROMPT

Who has had the greatest positive influence on your life, and what have they taught you?

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"The way to develop the best that is in a person is by appreciation and encouragement." — Charles Schwab**



# weekly reflection

Pause here before moving forward—gratitude grows through reflection.

SOCIAL CONNECTIONS THIS WEEK

BEST THING ABOUT THIS WEEK

BIGGEST CHALLENGE OF THE WEEK

BIGGEST ACHIEVEMENT THIS WEEK

ACTS OF KINDNESS THIS WEEK

INTENTION FOR NEXT WEEK

SOMETHING I LEARNED THIS WEEK

GENERAL MOOD OF THE WEEK

NOTES

Remember: progress, not perfection.



# DAILY GRATITUDE JOURNAL

DATE: *11/3 Monday*

## JOURNAL PROMPT

Recall a challenge that made you stronger. What hidden gifts came from it?

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"Out of difficulties grow miracles."  
— Jean de La Bruyère**



# DAILY GRATITUDE JOURNAL

DATE: *11/4 Tuesday*

## JOURNAL PROMPT

What part of your daily routine do you feel thankful for and why?

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

MOOD TRACKER

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**“Enjoy the little things, for one day you may look back and realize they were the big things.”  
— Robert Brault**



# DAILY GRATITUDE JOURNAL

DATE: *11/5 Wednesday*

## JOURNAL PROMPT

Think of one person who makes your day brighter. How could you show them appreciation?

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.” — Marcel Proust**



# DAILY GRATITUDE JOURNAL

DATE: 11/6 Thursday

## JOURNAL PROMPT

What is a personal strength you are grateful for? How does it help you thrive?

TODAY I AM GRATEFUL FOR...

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WAYS I WANT TO BE TODAY...

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I AM EXCITED ABOUT...

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ACTION ITEMS...

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DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

MOOD TRACKER



**"What you appreciate, appreciates."**  
— Lynne Twist



# DAILY GRATITUDE JOURNAL

DATE: 11/7 Friday

## JOURNAL PROMPT

Describe a place that makes you feel at peace or connected to something bigger.

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"Gratitude is the memory of the heart."  
— Jean-Baptiste Massieu**



# DAILY GRATITUDE JOURNAL

DATE: *11/8 Saturday*

## JOURNAL PROMPT

What recent act of kindness—given or received—made an impact on you?

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"No act of kindness, no matter how small, is ever wasted." — Aesop**



# DAILY GRATITUDE JOURNAL

DATE: *11/9 Sunday*

## JOURNAL PROMPT

Write about a mistake that taught you an important lesson.

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"What separates privilege from entitlement is gratitude." — Brené Brown**



# weekly reflection

Pause here before moving forward—gratitude grows through reflection.

SOCIAL CONNECTIONS THIS WEEK

BEST THING ABOUT THIS WEEK

BIGGEST CHALLENGE OF THE WEEK

BIGGEST ACHIEVEMENT THIS WEEK

ACTS OF KINDNESS THIS WEEK

INTENTION FOR NEXT WEEK

SOMETHING I LEARNED THIS WEEK

GENERAL MOOD OF THE WEEK

NOTES

Remember: progress, not perfection.



# DAILY GRATITUDE JOURNAL

DATE: *11/10 Monday*

## JOURNAL PROMPT

What part of your body are you most grateful for today?

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"Your body is the harp of your soul. And it is yours to bring forth sweet music from it or confused sounds." — Kahlil Gibran**



# DAILY GRATITUDE JOURNAL

DATE: *11/11 Tuesday*

## JOURNAL PROMPT

What's one memory that always makes you smile?

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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"Sometimes the smallest things take up the most room in your heart." — A.A. Milne



# DAILY GRATITUDE JOURNAL

DATE: *11/12 Wednesday*

## JOURNAL PROMPT

Who in your community or workplace inspires gratitude in you?

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”**  
— William Arthur Ward



# DAILY GRATITUDE JOURNAL

DATE: *11/13 Thursday*

## JOURNAL PROMPT

Describe what makes your home feel most like home?

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"Home is not a place...it's a feeling."**  
— Cecelia Ahern



# DAILY GRATITUDE JOURNAL

DATE: 11/14 Friday

## JOURNAL PROMPT

What opportunities are you thankful for right now, even if they feel challenging?

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

MOOD TRACKER

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“Joy is the simplest form of gratitude.”  
— Karl Barth



# DAILY GRATITUDE JOURNAL

DATE: *11/15 Saturday*

## JOURNAL PROMPT

How has nature brought you joy recently?

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"The earth has music for those who listen."  
— William Shakespeare**



# DAILY GRATITUDE JOURNAL

DATE: *11/16 Sunday*

## JOURNAL PROMPT

Who have you learned the most from this year?

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"Gratitude is what happens when we stop long enough to notice all the good stuff."  
— Keely Chace**



# weekly reflection

Pause here before moving forward—gratitude grows through reflection.

SOCIAL CONNECTIONS THIS WEEK

BEST THING ABOUT THIS WEEK

BIGGEST CHALLENGE OF THE WEEK

BIGGEST ACHIEVEMENT THIS WEEK

ACTS OF KINDNESS THIS WEEK

INTENTION FOR NEXT WEEK

SOMETHING I LEARNED THIS WEEK

GENERAL MOOD OF THE WEEK

NOTES

Remember: progress, not perfection.



# DAILY GRATITUDE JOURNAL

DATE: *11/17 Monday*

## JOURNAL PROMPT

What three things made you laugh this week?

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"A day without laughter is a day wasted."  
— Charlie Chaplin**



# DAILY GRATITUDE JOURNAL

DATE: *11/18 Tuesday*

## JOURNAL PROMPT

What comforts or conveniences of modern life do you appreciate?

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"Gratitude unlocks the fullness of life."  
— Melody Beattie**



# DAILY GRATITUDE JOURNAL

DATE: *11/19 Wednesday*

## JOURNAL PROMPT

When have you felt truly seen or understood by someone?

TODAY I AM GRATEFUL FOR...

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WAYS I WANT TO BE TODAY...

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I AM EXCITED ABOUT...

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ACTION ITEMS...

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DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

MOOD TRACKER



**"We can only be said to be alive in those moments when our hearts are conscious of our treasures." — Thornton Wilder**



# DAILY GRATITUDE JOURNAL

DATE: *11/20 Thursday*

## JOURNAL PROMPT

What creative outlet or hobby are you thankful for?

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"Creativity is intelligence having fun."**  
— Albert Einstein



# DAILY GRATITUDE JOURNAL

DATE: *11/21 Friday*

## JOURNAL PROMPT

Who deserves a thank-you note from you today?

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"Appreciation can make a day, even change a life." — Margaret Cousins**



# DAILY GRATITUDE JOURNAL

DATE: *11/22 Saturday*

## JOURNAL PROMPT

What technology, tool, or resource makes your life easier or more meaningful?

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"Gratitude turns ordinary days into thanksgivings." — William Arthur Ward**



# DAILY GRATITUDE JOURNAL

DATE: 11/23 Sunday

## JOURNAL PROMPT

What's a personal milestone you're proud of?

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

MOOD TRACKER

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“Acknowledging the good that you already have in your life is the foundation for all abundance.”  
— Eckhart Tolle



# weekly reflection

Pause here before moving forward—gratitude grows through reflection.

SOCIAL CONNECTIONS THIS WEEK

BEST THING ABOUT THIS WEEK

BIGGEST CHALLENGE OF THE WEEK

BIGGEST ACHIEVEMENT THIS WEEK

ACTS OF KINDNESS THIS WEEK

INTENTION FOR NEXT WEEK

SOMETHING I LEARNED THIS WEEK

GENERAL MOOD OF THE WEEK

NOTES

Remember: progress, not perfection.



# DAILY GRATITUDE JOURNAL

DATE: *11/24 Monday*

## JOURNAL PROMPT

Reflect on something you once wanted that you now have.

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"The things you take for granted, someone else is wishing for." — Unknown**



# DAILY GRATITUDE JOURNAL

DATE: *11/25 Tuesday*

## JOURNAL PROMPT

Who or what gives you courage when you need it most?

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"Gratitude is not only the greatest of virtues, but the parent of all the others." — Cicero**



# DAILY GRATITUDE JOURNAL

DATE: *11/26 Wednesday*

## JOURNAL PROMPT

What skill or talent are you most thankful for?

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"Act as if what you do makes a difference. It does." — William James**



# DAILY GRATITUDE JOURNAL

DATE: *11/27 Thursday*

## JOURNAL PROMPT

When did awe last stop you in your tracks?

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**“Gratitude bestows reverence, allowing us to encounter everyday epiphanies.”**  
— John Milton



# DAILY GRATITUDE JOURNAL

DATE: 11/28 Friday

## JOURNAL PROMPT

What family tradition or memory fills you with gratitude?

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

MOOD TRACKER

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“Family is not an important thing. It’s everything.” — Michael J. Fox



# DAILY GRATITUDE JOURNAL

DATE: *11/29 Saturday*

## JOURNAL PROMPT

What makes you feel hopeful about the future?

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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- 
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### I AM EXCITED ABOUT...

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- 
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### ACTION ITEMS...

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- 
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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"Hope and gratitude are twin flames that light the path forward." — Unknown**



# DAILY GRATITUDE JOURNAL

DATE: *11/30 Sunday*

## JOURNAL PROMPT

What's something about yourself that you're learning to appreciate more deeply?

### TODAY I AM GRATEFUL FOR...

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### WAYS I WANT TO BE TODAY...

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### I AM EXCITED ABOUT...

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### ACTION ITEMS...

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- 
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### DAILY REFLECTION - I AM PROUD OF MYSELF / I LEARNED...

**MOOD TRACKER**

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**"To love oneself is the beginning of a lifelong romance." — Oscar Wilde**





# post-assessment

## Gratitude Questionnaire

| Please check a box on how you feel right now. |   | Strongly Disagree             | Disagree                      | Slightly Disagree             | Neutral                       | Slightly Agree                | Agree                         | Strongly Agree                |
|---|---|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| GQ 1  | I have so much in life to be thankful for.  | <input type="checkbox"/><br>1 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>7 |
| GQ 2  | If I had to list everything that I felt grateful for, it would be a very long list.   | <input type="checkbox"/><br>1 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>7 |
| GQ 3  | When I look at the world, I don't see much to be grateful for. (R)  | <input type="checkbox"/><br>7 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>1 |
| GQ 4  | I am grateful to a wide variety of people.  | <input type="checkbox"/><br>1 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>7 |
| GQ 5  | As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history. | <input type="checkbox"/><br>1 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>7 |
| GQ 6  | Long amounts of time can go by before I feel grateful to something or someone. (R)  | <input type="checkbox"/><br>7 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>1 |

**Scoring:** Add the responses varying from 1-7 for all eight items giving a range from 6-42. A higher score represents a person with more gratitude.

(Note: R = reverse-scored item)

**Your total score:** \_\_\_\_\_

McCullough, M. E., Emmons, R. A., & Tsang, J. A. (2002). The grateful disposition: a conceptual and empirical topography. *Journal of personality and social psychology*, 82(1), 112.

## REFLECTION

**What did you notice? What surprised you?  
Did your score change?**



# closing reflection

What did you learn about yourself this month?

What do you think could happen if you incorporated more gratitude into your life?

What factors contributed to your feelings of gratitude this month? Social connection, reflection...

How can you incorporate gratitude into your life more consistently?

Overall how do you feel at the end of this course?

# keep going

Gratitude doesn't end here—it grows with you. The reflections you've captured this month are the beginning of a lifelong practice that strengthens your awareness, relationships, and resilience. As you move forward, keep noticing the small, ordinary moments that make life extraordinary.

## Ideas to Continue Your Practice

**Create a Weekly Ritual.** Choose one day each week to pause and name three things that went well. Reflect on why they happened and how you contributed to them. Over time, this strengthens confidence and perspective.

**Write a Gratitude Letter.** Pick someone who has influenced your life for the better. Write them a heartfelt note—or even better, read it aloud. Research shows this simple act can increase happiness and connection for weeks.

**Pair Gratitude with Mindfulness.** Start or end each day with one mindful breath and one thing you're thankful for. Gratitude paired with awareness can calm the nervous system and improve focus.

**Capture Gratitude on the Go.** Use the notes app on your phone or a small pocket journal to jot down quick "gratitude snapshots." A kind word, a view, a small win—all of it counts.

**Turn Gratitude into Action.** Let appreciation move you to generosity. Volunteer, mentor, or simply offer recognition at work or home. Gratitude shared becomes purpose realized.

**Join or start a gratitude circle.** Gather friends, coworkers, or family monthly to share what you're grateful for. Community keeps the practice alive.

## Resources to Deepen Your Practice

### Books

- The Gratitude Diaries by Janice Kaplan – Everyday stories of how gratitude transforms perspective.
- Thanks! How the New Science of Gratitude Can Make You Happier by Robert Emmons – Research-backed insights from the leading scientist in the field.
- Braiding Sweetgrass by Robin Wall Kimmerer – A poetic invitation to gratitude through reciprocity with the natural world.
- Atlas of the Heart by Brené Brown – Deepens emotional language for gratitude and connection.




### Podcasts & Apps

- The Science of Happiness (Greater Good Science Center)
- The Daily Stoic – Stoic wisdom applied to modern gratitude.
- Insight Timer – Free guided gratitude meditations.
- Grateful Living (app + website) – Daily reflections and community prompts.



Carry this awareness into the year ahead. Gratitude isn't a list—it's a lens.

**Keep going. The practice is the gift.**

TN 

# my gratitude

Thank you.

I am so grateful you chose to spend these 30 days exploring gratitude. This practice continues to shape my own life, and I've seen how it can transform the energy of whole teams and communities.

May these reflections stay with you—softening the hard days, celebrating the good ones, and reminding you that every moment is a chance to begin again.

As you move into 2026, know that I'm cheering you on, with gratitude and care.

*Chantel*

**“I am happy because I'm grateful. I choose to be grateful. That gratitude allows me to be happy.”**

**– Will Arnett**



**Chantel McCormick Schieffer** stands as a steadfast compass in the often chaotic landscape of leadership and organizational development. As the founder and owner of True North Leadership, a national consulting firm based in Montana, she has dedicated over three decades to navigating the complexities of communities, teams, and cultures across public, private, and non-profit sectors.

Hailing from the serene surroundings of Kalispell, Montana, Chantel pursued her studies in Political Science at Montana State University in Bozeman. Her toolkit includes facilitation certifications from the Brené Brown Research and Education Group, the Center for Ethical Leadership, and the Myers Briggs Foundation, complemented by advanced coursework in Leadership and Management at Harvard University.

A lifelong learner in the realm of leadership, Chantel graduated from Leadership Montana's Class of 2010, participated in the esteemed Masters Class of 2019, and served as President and CEO from 2014 to 2023, guiding the organization through uncharted waters.

Her exemplary contributions to leadership caught international attention, earning her the Alpha Omicron Pi Woman of Leadership Award in 2017 and the distinguished ATHENA Leadership Award in 2018. In 2023, she received the pinnacle recognition, the Tom Scott Award for Excellence in Leadership for Montana, marking a decade of transformative service to Leadership Montana.

Adventure runs deep in the fabric of Chantel's family life, where she, her husband Dax, and their son Dax Michael revel in exploring the great outdoors. Together, they embrace the spirit of adventure, embodying the guiding principle that even amidst chaos, one can always find their true north.



### certifications

- Gracious Space Trainer - 2017
- Dare to Lead Facilitator - 2019
- Nonprofit Leadership / Harvard - 2022
- Myers-Briggs Facilitator - 2023
- The Science of Wellbeing / Yale - 2023
- Workplace Happiness / Berkeley - 2024
- Coaching Foundations - 2025

### core values


Courage / Kindness / Adventure / Joy / Service


### character strengths


Love of Learning / Leadership / Humor / Gratitude / Social Intelligence



## CONNECT

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