

GET GRITTY THROUGH GRATITUDE



*Four Gratitude Exercises to
Build a Positive Mindset*





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Gratitude Letter

This gratitude exercise not only increases your happiness, but also increases the happiness of another important person in your life. In today's exercise, write a letter (or email) to someone that you are grateful for, thanking them and explaining why you appreciate them.



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I'm grateful that...

This gratitude exercise has you answering three gratitude journaling prompts to reflect on your horsemanship journey and connect with your purpose and passion.

I am grateful that I discovered horses because...

I am grateful that _____ happened along my horsemanship journey because...

I am grateful for my horse because...



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Develop a Grateful Perspective

Along your horsemanship journey, sometimes things won't go your way. By developing an attitude of gratitude during tough times you can release negative emotions and find a more positive perspective by remembering that there is a blessing in every burden and looking for the silver lining.

Reflect on a current challenge that you are having with your horse. Ask yourself:

“What’s good about this?”

“What can my horse and I learn from this?”

“How can my horse and I benefit from this?”

“Is there something about this situation that I can be grateful for?”



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Gratitude Triggers

In this gratitude exercise you will choose an item to remind you to feel grateful each time that you look at it. It can be a favorite photo of your horse, a horseshoe hung on your tack room wall, or a favorite piece of jewelry. Make sure to put your item somewhere that you will see it regularly, and when you notice it, take a moment to reflect and be grateful!