

# Fostering Wellness Exercise

## Levels of Gratitude

Time Required: *4 minutes*

There are many levels and types of gratitude:

### **1. Thanksgiving Gratitude:**

This is the first level and begins with asking yourself '*what am I grateful for?*' on Thanksgiving.

Think about some things you are grateful for. It may be as simple as the food you eat, the house we live in or the clothing we wear. You might be grateful for the ability to help care for and heal others, or to have a loved one in your life. By practicing the "5 Good Things" exercise, we hope this type of gratitude will become easy for you. Please write these down.

### **2. Awe Gratitude:**

The second level of gratitude is when you can open to the mystery of the universe. Have you ever experienced a sunrise so beautiful that you were overcome with gratitude to just witness to it? When you can allow the palpable, warm, flowing gush of joy that such beauty exists in this world wash over you—that is when you have experienced the second level of gratitude.

Think about an *awe-inspiring moment* you have seen. Have you worked so hard with a patient who was once told they would never walk again, just to set their feet flat on the floor and stand upright? Please write these down.

### **3. Adversity Gratitude:**

This level asks that you can look within yourself to see what you have learned from in your past. This means that you can look back and *feel grateful for the 'bad' things* that have happened in your life. It asks if you could take what you thought was a challenge or a tragedy and grow from that experience.

Think about a time in your life when you were sure the experience would be bad. Were you dreading walking into the anatomy lab during medical school? How did that experience change you? Are you a gifted surgeon now, adept at using your hands to heal? Please write these down.<sup>1</sup>

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<sup>1</sup> Wood AM, Froh JJ, Geraghty AW. Gratitude and well-being: a review and theoretical integration. Clin Psychol Rev. 2010 Nov;30(7):890-905.