

# THE UPSIDE TEACHING GUIDE

## EPISODE 45: The Transformative Power of Gratitude

### Four Ways Gratitude Transforms Us

1. Gratitude keeps us \_\_\_\_\_.

How have others contributed to the good in my life?

---

---

2. Gratitude reshapes our \_\_\_\_\_

Who needs to hear my appreciation this week?

---

---

3. Gratitude helps us extend \_\_\_\_\_

Where or to whom do I need to show more understanding or compassion?

---

---

4. Gratitude boosts \_\_\_\_\_

What small blessings bring me joy right now that I might be overlooking?

---

---

### Enemies of Gratitude

\_\_\_\_\_: Where am I expecting something I have not earned?

---

---

\_\_\_\_\_: Where am I focusing on what is missing instead of what is present?

---

---

\_\_\_\_\_: Where am I allowing comparison to steal my joy?

---

---

"The more you practice thankfulness, the more you will have to be thankful for."