

Gratitude with a spine

The evidence-based practice, including its hard form: naming what a difficult season built in you, without pretending it was not hard.

YOGA PROS

Handout 16 • goes with the Learning Hub article of the same name



◆ HANDOUT 16

Inside this handout

The evidence-based practice, including its hard form: naming what a difficult season built in you, without pretending it was not hard.

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◆ HOW TO USE IT

- Print it, or fill it in on a tablet. Paper works better than it should.
- Read the article first if you can. The handout is the practice; the article is the thinking behind it.
- There is no score and nothing to get right. It is a working page, not a test.

◆ WHEN TO USE THIS

- When gratitude practice has gone flat or started feeling like performance
- In the weeks when the hard chapter sits close to the surface
- When you are guiding appreciation in class and cannot feel a word of it

◆ THE PRACTICE

Step by step

01 **Three with detail**

Write three entries with real detail, because detail is what makes the mind look again.

02 **Keep it occasional**

Tie it to an existing moment, a couple of times a week; less often with attention beats a daily recital.

03 **The unsent letter**

Once this fortnight, write to the difficult season by hand: what it took first, then what it built.

04 **Paper only**

Keep the whole practice in a notebook, where an entry can be clumsy and true at the same time.

05 **Review at two weeks**

After a fortnight, decide honestly whether the practice stays.

◆ YOUR PAGE

Write it *down*

Three things from this week, with detail...

What the difficult season took from me...

What got built in me while I was getting through it...

◆ BEFORE YOU FINISH

☐ Two weekly slots tied to real moments

☐ Four dated entries this fortnight

☐ Unsent letter written by hand

☐ Everything kept on paper

☐ Honest review after two weeks

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This handout supports the article ‘Gratitude with a spine’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

➤ A morning practice that isn't for your students

➤ Five facts of a teaching life

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