AETERNA DAILY

Gratitude Harvest

Harvesting an attitude of gratitude

Little rituals for one. Choose what fits today.



Light a candle, set an intention

2 MIN

In the morning, light a candle or switch on a flameless one. Take one easy breath and name what you want to notice today. Extinguish a real candle before walking away.

Say: Today I intend to stay in gratitude by noticing the small good things.

Gather three small good things

3 MIN

At lunch, at a red light, or while washing your hands, pause to notice one thing that helped you today. By bedtime, see if you can remember three.

Try: The warm mug, a kind text, a moment of quiet.

Write a tiny thank-you

3 MIN

Think of one person who made your day a little easier. Write what they did and why it mattered. Send your note or keep it in your journal.

Start with: When you ____, it helped me ____.

A little good I want to keep

I noticed _____

It mattered because _____

Tomorrow I will notice _____

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Gratitude together

Small moments worth sharing

For the table, a walk, or bedtime. Everyone can pass.



Fill a harvest jar

5 MIN

Give everyone a slip of paper. Write or draw one good moment and drop it into a jar. At the end of the week, read a few aloud with permission.

Ask: Which moment would you like to do again?

Pass the pumpkin

5 MIN

Pass a mini pumpkin, a wooden spoon, or a folded paper leaf around the table. Whoever holds it can share one thing they appreciated today.

Ask: What made today a little better?

Take a leaf-and-listen walk

10 MIN

Take a short walk together or look out a window. Each person picks a sound, a color, or a detail they want the others to notice.

Ask: What did you notice that I might have missed?

Our next gratitude ritual

We will try _____

When _____

One thing we noticed _____