



# Gratefulness

-Xylix



- Image would have gone here but... couldn't find a good one.
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# Introduction

- Why gratefulness?
  - Allegedly it's good for you
  - And more importantly, it's fun!
- How gratefulness?
  - We're going to have little gratefulness prompts
  - We're going to take a bit of time to consider each one
    - You can write down, if you want to, or not
  - And we're going to have some time to share a bit.
    - Only share what you would like to share!



# Tips

- Specificity over abstraction
  - “I enjoyed when person X did y” instead of “I’m grateful to person X”
- Savor, don’t speedrun
- Include the almost-not / borderline cases
  - “I’m grateful for X, and it easily could have not happened / I could have missed it” is strong
- Nudge yourself slightly towards the personal
- It's a noticing practice, not a performance.
- And most importantly, no need to force it



# Easing into it

- What are you grateful for today?



## Grateful for...

- Something small that went right this week



## Grateful for...

- Someone or something that made you smile or laugh recently



## Grateful for...

- Something you're looking forward to



## Grateful for...

- Something that happened in 2026?



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## Grateful for...

- Something you learned this year



## Grateful for...

- Something that your head does



??

- Next ones are going to be more hit or miss - try to ride with it. It's okay if it's hard. It's okay if nothing comes out.



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## Grateful for...

- A person who changed your trajectory that you've never properly thanked



## Grateful for...

- Something you're grateful for that you almost didn't do / almost didn't happen



## Grateful for...

- Something about this community specifically that you appreciate



## Grateful for...

- A failure you're now grateful for



## Grateful for...

- Something boring or mundane that you'd really miss



## Grateful for...

- Something you built or maintained that you're proud of



## **(Wind-down)**

- Couple minute silence + reflecting



# V1 05.04.2026 Post-session retro thoughts

- (for next time(s))
- Tension between individual exploration and social sharing / getting to vibe with other people's gratefulness
- Tension between clarity, palatability, "status-bid" type of sharing and earnest sharing
  - Like we did sharing rounds every 3-5 prompts, that worked fine
  - I considered just having a sharing at the end only and it would break concentration / introspection mode less but yeah - hard to remember what you would like to share, / pressures people to take notes, and I think it's important people can do whatever with notetaking.
- Generally I think the concept was good. Just need to iterate on the time to wait between prompts, and generally find stuff out.