

The Joy of Appreciative Living

28-Day Plan

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{ Exercise Instructions & Templates }

This document allows you to complete your program in two ways. You can either write your exercises out each day or enter them into your computer. If you want to write them out, print this 18 page document and put it into a binder (or staple the pages together). Write your responses in the spaces provided each day.

If you want to do the program on your computer, save this file to your computer and be sure to re-save it each time you make a new entry.

Either way you choose, do the following each week:

1. For the first six days of each week, do the appreciation list and daily question.
2. On the seventh day, do the life vision exercise and the weekly assessment (the 2 questions at the bottom of the daily question sheet)
3. At the end of the fourth week, do the monthly assessment in place of the visioning exercise.

The following shows how the exercises might look on a calendar, but you don't have to do them on these specific days. This is just one example of how it might look.

	MON	TUE	WED	THU	FRI	SAT	SUN
1	App List Daily Quest	App List Daily Quest	App List Daily Quest	App List Daily Quest	App List Daily Quest	App List Daily Quest	Vision Weekly Asses
2	App List Daily Quest	App List Daily Quest	App List Daily Quest	App List Daily Quest	App List Daily Quest	App List Daily Quest	Vision Weekly Asses
3	App List Daily Quest	App List Daily Quest	App List Daily Quest	App List Daily Quest	App List Daily Quest	App List Daily Quest	Vision Weekly Asses
4	App List Daily Quest	App List Daily Quest	App List Daily Quest	App List Daily Quest	App List Daily Quest	App List Daily Quest	Monthly Asses Weekly Asses

Appreciation List Exercise – Week 1

Each day for six days, list three things for which you are grateful below. Then take thirty seconds to close your eyes and really focus on and **feel your appreciation** for each one.

Date		3 Things I'm Grateful For...
	1.	
	2.	
	3.	
	1.	
	2.	
	3.	
	1.	
	2.	
	3.	
	1.	
	2.	
	3.	
	1.	
	2.	
	3.	

Daily Question Exercise – Week 1

Take 2-3 minutes to reflect on your answer to the following question and write it down:
“What one thing could I do today, no matter how small, that would increase my joy?”

Date	Response

Weekly Assessment	
	What 2 things have you learned from doing your Appreciative Living exercises this week?
1.	
2.	
	How was your week better because you did them?

Week 1

Weekly Vision

Date: _____

Pretend that a miracle occurred and your perfect, ideal, joy-filled life manifested right now before your eyes. Write down every glorious piece you can imagine about what this ideal life looks like at the highest level. You only have 15 minutes, so you have to keep the vision big. How is your health? Your career? Your relationships? Your home? List the ideas as they stream through your mind. Let your deepest hopes and desires come forth and dream big about your perfect, happy life. Pretend it is really happening now, and feel the joy inside of you as you write.

My Ideal, Joy Filled Life

Begin writing here:

My Ideal, Joy Filled Life (Cont'd)

Appreciation List Exercise – Week 2

Each day for six days, list three things for which you are grateful below. Then take thirty seconds to close your eyes and really focus on and **feel your appreciation** for each one.

Date		3 Things I'm Grateful For...
	1.	
	2.	
	3.	
	1.	
	2.	
	3.	
	1.	
	2.	
	3.	
	1.	
	2.	
	3.	
	1.	
	2.	
	3.	
	1.	
	2.	
	3.	

Daily Question Exercise – Week 2

Take 2-3 minutes to reflect on your answer to the following question and write it down:
“What one thing could I do today, no matter how small, that would increase my joy?”

Date	Response

Weekly Assessment	
	What 2 things have you learned from doing your Appreciative Living exercises this week?
1.	
2.	
	How was your week better because you did them?

Week 2

Weekly Vision

Date: _____

Pretend that a miracle occurred and your perfect, ideal, joy-filled life manifested right now before your eyes. Write down every glorious piece you can imagine about what this ideal life looks like at the highest level. You only have 15 minutes, so you have to keep the vision big. How is your health? Your career? Your relationships? Your home? List the ideas as they stream through your mind. Let your deepest hopes and desires come forth and dream big about your perfect, happy life. Pretend it is really happening now, and feel the joy inside of you as you write.

My Ideal, Joy Filled Life

Begin writing here:

My Ideal, Joy Filled Life (Cont'd)

Appreciation List Exercise – Week 3

Each day for six days, list three things for which you are grateful below. Then take thirty seconds to close your eyes and really focus on and **feel your appreciation** for each one.

Date		3 Things I'm Grateful For...
	1.	
	2.	
	3.	
	1.	
	2.	
	3.	
	1.	
	2.	
	3.	
	1.	
	2.	
	3.	
	1.	
	2.	
	3.	

Daily Question Exercise – Week 3

Take 2-3 minutes to reflect on your answer to the following question and write it down:
“What one thing could I do today, no matter how small, that would increase my joy?”

Date	Response

Weekly Assessment	
	What 2 things have you learned from doing your Appreciative Living exercises this week?
1.	
2.	
	How was your week better because you did them?

Week 3

Weekly Vision

Date: _____

Pretend that a miracle occurred and your perfect, ideal, joy-filled life manifested right now before your eyes. Write down every glorious piece you can imagine about what this ideal life looks like at the highest level. You only have 15 minutes, so you have to keep the vision big. How is your health? Your career? Your relationships? Your home? List the ideas as they stream through your mind. Let your deepest hopes and desires come forth and dream big about your perfect, happy life. Pretend it is really happening now, and feel the joy inside of you as you write.

My Ideal, Joy Filled Life

Begin writing here:

My Ideal, Joy Filled Life (Cont'd)

Appreciation List Exercise – Week 4

Each day for six days, list three things for which you are grateful below. Then take thirty seconds to close your eyes and really focus on and **feel your appreciation** for each one.

Date		3 Things I'm Grateful For...
	1.	
	2.	
	3.	
	1.	
	2.	
	3.	
	1.	
	2.	
	3.	
	1.	
	2.	
	3.	
	1.	
	2.	
	3.	

Daily Question Exercise – Week 4

Take 2-3 minutes to reflect on your answer to the following question and write it down:
“What one thing could I do today, no matter how small, that would increase my joy?”

Date	Response

Weekly Assessment	
	What 2 things have you learned from doing your Appreciative Living exercises this week?
1.	
2.	
	How was your week better because you did them?

Week 4

Weekly Vision

Date: _____

Pretend that a miracle occurred and your perfect, ideal, joy-filled life manifested right now before your eyes. Write down every glorious piece you can imagine about what this ideal life looks like at the highest level. You only have 15 minutes, so you have to keep the vision big. How is your health? Your career? Your relationships? Your home? List the ideas as they stream through your mind. Let your deepest hopes and desires come forth and dream big about your perfect, happy life. Pretend it is really happening now, and feel the joy inside of you as you write.

My Ideal, Joy Filled Life

Begin writing here:

My Ideal, Joy Filled Life (Cont'd)

Monthly Assessment

1.	What is working really well in your Appreciative Living exercise routine that you'd like to build upon or continue?
2.	What changes could you make, no matter how small, that would make your experience more effective, interesting, or enjoyable?
3.	<p>Select at least one of the following questions and answer it:</p> <ul style="list-style-type: none"> • What three to five things are currently bringing you the most joy? • What are you wondering or curious about at this stage of your journey? • How is your life getting better? • What has surprised you in doing the exercises? • Think of a situation you handled particularly well. What did you do that made it a success and what can you apply from this going forward? • As you reflect on your overall life vision, pick one part in particular that you are excited about. What is one thing you can do next month to move you forward in this area?