

A FREE GUIDED EBOOK

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# The Gratitude Reset

*7 Days to Notice More, Appreciate More  
and Move Forward with Purpose*

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PAUSE · REFLECT · GIVE THANKS · TAKE ACTION

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# A Personal Welcome

Life does not always go to plan. There are seasons of progress and seasons when everything seems to demand more than we have to give. I have learned that gratitude does not erase challenges. It changes how I approach them.

Through setbacks, rebuilding, family responsibilities, business and personal goals, I have returned to a simple practice: recognise what is still good, acknowledge what is difficult and choose one constructive step.

This short guide is not about pretending to be happy. It is about training your attention without denying reality. Over seven days, you will build a practical gratitude habit that can support your mindset and your relationships.

*My invitation: give yourself ten minutes each day. Be specific, be truthful and make it your own.*

With gratitude,

**Mak Singh**

Life & Business Reinvention Strategist

# How to Use Your 7-Day Reset

Daily rhythm (about 10 minutes)

- 1 **Pause** for one minute. Breathe gently and put your phone aside.
- 2 **Write** three specific things you appreciate.
- 3 **Answer** the day's reflection question.
- 4 **Complete** one small gratitude action.
- 5 **Read** the day's affirmation aloud, or adapt it.

You can use a notebook or write directly on printed pages. If you miss a day, return without judgement. You do not have to feel grateful for painful events or unfair treatment. It is enough to find one small thing that supports you today.

## Your starting point

What do I want to feel or do differently by the end of these seven days?

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# Notice What Is Already Here

Gratitude begins with attention. Ordinary moments can become invisible when life gets busy: a warm drink, a safe place, a supportive message or a chance to start again.

## REAL-LIFE EXAMPLE

I am grateful for the warm cup of tea I enjoyed this morning because it gave me a quiet moment before a busy day. Other examples: a phone call from a friend, a comfortable bed or ten minutes of sunshine.

## REFLECT

What three small things did I almost overlook today?

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## TODAY'S ACTION

Write down three ordinary comforts and why each matters.

## TODAY'S AFFIRMATION

*"I notice the good that is present in my life."*

## THREE THINGS I APPRECIATE TODAY

1

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2

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3

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## Appreciate the People

Our relationships are strengthened by specific appreciation, not only good intentions. Think of someone whose effort is easy to take for granted.

### REAL-LIFE EXAMPLE

I appreciate my sister for checking in on me when I was overwhelmed. Her message reminded me I was not alone. A thank-you message could say: *Thank you for taking the time to listen yesterday. It genuinely helped.*

### REFLECT

Who has helped me recently, and what exactly did they do?

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### TODAY'S ACTION

Send one genuine thank-you message. Mention the specific action and its impact.

### TODAY'S AFFIRMATION

*"I recognise and value the people who support me."*

### THREE THINGS I APPRECIATE TODAY

1

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2

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3

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## Honour Your Progress

Progress is not always dramatic. It may look like showing up, asking for help, recovering or keeping a small promise.

### REAL-LIFE EXAMPLE

I kept going with my writing even when I was tired. I finished two pages instead of abandoning the project. Smaller wins count too: keeping an appointment, setting a boundary or asking for support.

### REFLECT

What have I handled or learned in the past year that deserves recognition?

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### TODAY'S ACTION

Write down three personal wins, including one that nobody else noticed.

### TODAY'S AFFIRMATION

*"I respect how far I have come, even as I keep growing."*

### THREE THINGS I APPRECIATE TODAY

1

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2

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3

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## Gratitude in a Difficult Season

Being grateful does not mean calling a hard situation good. You can acknowledge pain and still identify resources, kindness or strength available to you.

### REAL-LIFE EXAMPLE

This week has been difficult because someone I love is unwell. I do not have to be grateful for the illness. I can be thankful for the people helping us and the moments we have together.

### REFLECT

What is genuinely hard right now, and what is helping me through it?

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### TODAY'S ACTION

Write one honest sentence about the challenge, then one about a source of support.

### TODAY'S AFFIRMATION

*"I can face reality and still recognise what sustains me."*

### THREE THINGS I APPRECIATE TODAY

1

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2

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3

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# Appreciate Your Body and Mind

Your body and mind deserve care, not constant criticism. Gratitude can include appreciation for what they allow you to experience, within your own limits.

## REAL-LIFE EXAMPLE

I appreciate that my legs carried me on a short walk today. Or: I am grateful that I recognised I needed rest and gave myself permission to recover. Adapt this to your own abilities and circumstances.

## REFLECT

What is one thing my body or mind helped me do today?

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## TODAY'S ACTION

Choose one gentle act of care appropriate for your circumstances: rest, hydration, a nourishing meal or movement.

## TODAY'S AFFIRMATION

*"I treat myself with appreciation and care."*

## THREE THINGS I APPRECIATE TODAY

1

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2

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3

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## Turn Appreciation into Generosity

Gratitude grows when it becomes action. A thoughtful word, patient listening or a practical favour can make someone else's day easier.

### REAL-LIFE EXAMPLE

I noticed a colleague was under pressure, so I offered to help with one task. Other ideas: send an encouraging note, check on a neighbour or tell a family member what you admire about them.

### REFLECT

How can I make another person's day a little lighter?

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### TODAY'S ACTION

Offer one act of kindness without expecting anything in return.

### TODAY'S AFFIRMATION

*"I express gratitude through how I treat others."*

### THREE THINGS I APPRECIATE TODAY

1

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2

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# Carry It Forward

A seven-day reset is a starting point. The goal is not perfect positivity; it is a repeatable habit of noticing, appreciating and acting.

## REAL-LIFE EXAMPLE

Every evening after brushing my teeth, I will write three specific things I appreciated today. Every Sunday, I will look back at my notes and choose one person to thank.

## REFLECT

Which gratitude practice helped me most, and when will I repeat it?

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## TODAY'S ACTION

Choose a two-minute daily practice and schedule a weekly reflection.

## TODAY'S AFFIRMATION

*"I build a life of purpose through small, consistent choices."*

## THREE THINGS I APPRECIATE TODAY

1

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2

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# Your 30-Day Gratitude Commitment

The reset is complete. Now make gratitude sustainable. Rather than adding another demanding task, attach a short reflection to something you already do: your morning tea, your evening wind-down or the end of your working day.

## MY DAILY COMMITMENT

Each day, I will write three specific things I appreciate and one meaningful action I can take.

## MY WEEKLY REVIEW

Once a week, I will ask: What supported me? Whom did I appreciate? What did I learn? What is one next step?

I will practise at this time: \_\_\_\_\_

**My reason for continuing**

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My first review date: \_\_\_\_\_

A FINAL WORD

# A Final Word from Mak

*Gratitude is not the destination. It is one of the tools that helps you move towards the life you want to build.*

You can be thankful for today and ambitious about tomorrow. You can recognise a setback and still pursue your goals. You can value your life as it is while working to change what needs changing.

If this guide helped you, I invite you to explore **Unlock Your Greatness** — my work on clarity, resilience, personal reinvention and purposeful action.

Explore more at [www.maksingh.com](http://www.maksingh.com)

*Your next chapter starts with what you choose to do today.*