



Autumn Alignment Challenge – Week 6 Worksheet

Theme: Gratitude — The Gateway to Growth

Gratitude: The Foundation of Forward Motion

Before anything new can come in, you have to honor what already exists.

Gratitude is not just a feeling — it's a frequency.

You can't move forward from a state of resentment, lack, or frustration. Gratitude shifts your focus from what's missing to what's working — and that shift opens the door for more.

If you can't find gratitude where you are, you'll struggle to find peace anywhere you go.

The Law of Increase: What You Praise, Increases

Catherine Ponder teaches that what you praise, you increase. When you speak gratitude over people, situations, and even challenges, you activate the law of increase — the unseen principle that multiplies whatever you bless.

Reflection Prompts:

- **List three areas of your life that have quietly improved over time — did you acknowledge them, or move right past them?**

- **What's one current challenge you can reframe with gratitude? (“I'm grateful this is teaching me...”)**

Action Step:

➔ Every time you catch yourself complaining this week, replace it with: *“I'm grateful this is showing me where I need to grow.”*

Gratitude as a Discipline

Gratitude isn't a mood. It's a habit.

High performers train their minds to look for the lesson and the gain in every experience — even when it's uncomfortable.

Daily Challenge:

Each night this week, write down:

- 1. One person you're grateful for.**
- 2. One situation that tested you — and what it taught you.**
- 3. One thing about yourself you appreciate.**

Stay consistent for seven days and notice how your energy changes.

EXPANSION EXERCISE

Gratitude + Future Vision

Be grateful in advance.

The Universe responds to certainty — and gratitude in advance is certainty in motion.

Prompt:

Write a short gratitude statement as if your 2026 goals already happened.

Start with:

“I am so grateful that in 2026 I am...”

Describe it in detail. Feel it. Believe it. Gratitude makes it real before it's visible.

