

# GRATITUDE PROTOCOL WORKSHEET

This gratitude protocol is recommended by Dr. Andrew Huberman, a professor of neurobiology at Stanford School of Medicine. The following steps are gleaned from his findings from various academic studies and extracted from his podcast [The Science of Gratitude](#). Dr. Huberman points out the far-reaching benefits of a gratitude practice, including cardiovascular health, better physical and cognitive performance, and greater resilience. It even produces a chemical reaction on par with those produced by interval training! These benefits can be gained by investing fewer than five minutes a day, three times a week.

1. Select a story that you will use in your gratitude practice. This can be a story from the past when you received genuine thanks and gratitude or it can be a story of you observing someone else receiving or expressing thanks. Again, this must be a genuine interaction between the giver and receiver.

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2. Once you have established the story you want to use write down three or 4 simple but salient bullet points that can be used as a reminder during your gratitude practice.

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3. What state of mind were you or the other person in **before** receiving the gratitude?

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4. What state of mind were you or the other person in **after** receiving the gratitude?

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5. Add any other elements that lend some emotional weight or tone to the story.

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6. These bullet points are your gratitude protocol. Reading through these points cues your nervous system to deactivate fear and anxiety circuits and activate feelings of motivation and wellbeing. This practice can be done for as little as one minute or up to five minutes at anytime during the day. Dr. Huberman recommends that the practice should be repeated three times a week.