THE SHIFT

Where you place your attention
becomes your direction.

Even a tiny shift
toward what's already good
can change your whole state.

- **WHAT'S ONE SMALL THING THAT FEELS GOOD TO NOTICE TODAY?**

THE ANCHOR

Gratitude isn't about skipping
the hard parts.
It's what helps you stay steady
in the middle of them.

It anchors your attention
to what's still holding,
still true,
still here.

- **WHAT HELPS YOU STAY STEADY WHEN THINGS GET ROUGH?**

THE POTENTIAL

Even chaos holds potential.
Gratitude is what makes you able
to see it —
training your brain to notice support,
to find steadiness,
and to recognize possibility in the
middle of it all.

- **WHERE DO YOU SENSE POTENTIAL RIGHT NOW — EVEN IF IT'S MESSY?**

THE PRACTICE OF NOTICING

Here's a playful way to practice:
When you catch a negative thought,
pause and *name two things*
you are grateful for.
Try it for a week,
and notice what shifts.

Or keep a small gratitude note.
Before bed, write down
what you're grateful for today.
Watch how things unfold.

CLOSING NOTE

Gratitude helps regulate the nervous system.
A regulated system makes room for vision, courage, and forward motion.

Keep what softens you.
Release what doesn't.

You don't need to try harder —
just notice better.

THE UNFOLD

ISSUE 03

Gratitude

The quiet art of noticing.

GUT FEELING
Society

WELCOME INTENTION

Gratitude turns what you have
into enough.
Not by adding more —
but by changing how you see
what's already here.

This issue is a quiet reminder
to choose with intention.

PRACTICE MAKES COMFORTABLE

Your brain is always learning
from whatever you feed it —
joy, chaos, calm, or noise.

It loves repetition — in any direction.
Return to something often enough,
and it starts to feel familiar.