

# DAILY PRACTICES FOR GRATITUDE

## Safety & Wellness Guides for Queer Zimbabweans

Gratitude isn't about ignoring hardship it's about finding light in the midst of it. For those of us who have had to carve out space in a world that often erases or harms us, gratitude can be a radical act. It reminds us of what's beautiful, what's survived, and what continues to bloom. This guide invites you to slow down and notice what sustains you—from your chosen family to your own becoming.

### Gratitude for Your Community

Think about the people who've held you when the world didn't.

- Who affirms your identity without question?
- Who's sent a meme that made you laugh on a hard day?

Text or voice-note someone today just to say thank you. Or write a journal entry about the moments they made you feel safe, seen, or loved. These connections are part of your resilience.

### Gratitude Jar (or Notes App)

Keep a jar, box, or digital note where you collect little joys.

- A compliment from a stranger
- A sunset that made you pause
- A song that hit just right

When things feel heavy, return to your jar and remember that joy has met you before and it will again.

## Gratitude for Your Identity

Being queer, trans, nonbinary, or otherwise outside the norm is powerful. Reflect on your journey, the risks you've taken to be true to yourself, the beauty in your fluidity, the growth in your becoming.

Write down what you love about your identity. Maybe it's your community, your style, your softness, or your resistance. Say thank you to every version of you that got you here.

## Grounding in the Senses

Gratitude can also live in small, sensory pleasures.

- The warmth of tea between your palms
- The smell of rain on pavement
- The softness of your favorite hoodie

Take 60 seconds each day to name what feels good in your body and around you. Let it anchor you in the now.

## Affirm with Gratitude

Combine affirmations and gratitude:

- "I'm grateful for how far I've come."
- "I'm thankful for the way my body carries me through the world."
- "I appreciate the quiet strength in my voice."

Say them out loud. Write them on mirrors. Let them become truth.