# Schema & Core Beliefs [Actionable Information]

**An Appreciation/Gratitude List**

There are surprisingly straight forward and practical ways that you can influence which schema or core beliefs are actively shaping your thinking, emotions, and overall experience. A simple and effective method of triggering and maintaining healthy schema is to keep a gratitude or appreciation list for a period of 30-days. A gratitude list is a list of those things in your life for which you are genuinely grateful and appreciative.

For each of the next 30-days write one item on the list per day that identifies one thing that you are genuinely grateful for and appreciative of in your life. Write a new item on the list **at the end of each day**. During the 30-day period **make a point of starting each day by reminding yourself to look for the things for which you are sincerely grateful and appreciative**. Try to make mental notes throughout the day regarding the various topics that you notice that you could write about, but **don't decide what you will write on the list until the end of the day**. **Then at the end of the day write one thing on your appreciation/gratitude list for which you are genuinely grateful and appreciative**.

Doing this activity for thirty days has several benefits. First of all, your mind is like a question answering machine, and automatically seeks to find answers to questions that you ask yourself. Each morning when you remind yourself to think about things that you could write about, you will be triggering automatic processes that will identify things for which you are grateful and appreciative. This will bring these things into your conscious awareness as you go through the day. By doing this consistently for a period of thirty days you are establishing a habit of automatically calling into your awareness those things in your life for which you are grateful and appreciative. This technique aims to develop a habit of activating and maintaining life-valuing schema that increase your sense of well-being and happiness.

The gratitude list is one of the many concrete things that we can do to make sure that we cultivate and elevate our thinking to focus on that which is life enhancing, rewarding, and meaningful. Being grateful and having feelings and thoughts of appreciation feels good. In fact, gratitude and appreciation are important ingredients of happiness. This activity is designed to activate healthy and empowering ways of thinking that will help to maintain your optimal performance and well-being. It is also designed to cultivate habits of thinking that will automatically call to mind things for which you are authentically happy and appreciative.