



The Five Balls Gratitude Reflection Sheet

A practical reflection tool to realign perspective, renew balance, and strengthen gratitude.

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Life constantly asks us to keep multiple priorities in motion — work, family, friends, health, and spirit. But as Brian Dyson reminded us, not all of them are made of the same material.

Gratitude helps us remember which balls are glass and which will bounce. It's not about slowing down or giving up ambition. It's about protecting what truly matters — and strengthening how we show up as leaders and humans.

How to Use This Tool:

1. Reflect on each “ball” using the prompts on the following pages.
2. Write short, honest responses — this isn't a performance review.
3. Choose one small action of gratitude for each ball this month.
4. Revisit this sheet quarterly or whenever life feels out of balance.

Step 1: The Rubber Ball I: Work and the Power of Perspective

Work fuels contribution and growth, but it's the one part of life that will bounce if dropped. Gratitude keeps our professional focus healthy — helping us value opportunity, teamwork, and progress rather than constant pressure or comparison. It reminds us that success built on appreciation lasts longer than success built on fear.

Reflect:

- What aspects of your work are you genuinely grateful for right now?
- Who or what helps make your work possible or more fulfilling?
- How does gratitude help you keep perspective when things go wrong?

Example:

I'm grateful for the people who challenge me to think differently and for the opportunity to create impact through my expertise. Work will always bounce — but my integrity and relationships are what give it shape.

Action of Gratitude:

- ☐ Recognize one person publicly for their contribution this week.
- ☐ Pause before reacting to a setback and identify one thing you still appreciate about the situation.
- ☐ Other: _____

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Step 2: The Glass Ball of Family: Gratitude for Connection

Family is the foundation that steadies us when everything else wobbles. Whether defined by blood or by choice, family teaches patience, forgiveness, and unconditional support. Gratitude for family means noticing the people who give us grace to be imperfect and time to grow — and returning that grace to them.

Reflect:

- Who in your family (biological or chosen) gives you the grace to be imperfect?
- How do you show them that you notice and appreciate their support?
- Where could you be more present?

Example:

I'm grateful for the people who cheer me on through change — especially when I resist it. Their patience gives me the courage to adapt.

Action of Gratitude:

- ☐ Block one uninterrupted evening or meal for family connection.
- ☐ Express thanks to your “quiet supporter” who's always in your corner.
- ☐ Other: _____

Step 3: The Glass Ball of Friends: Gratitude for Belonging

True friendship isn't measured by proximity but by authenticity. Friends — whether lifelong or newly found — remind us we don't have to lead or live alone. Gratitude for friends deepens trust, opens collaboration, and keeps our hearts grounded in belonging instead of competition.

Reflect:

- Who has checked in, collaborated, or supported you lately?
- What kinds of relationships give you energy instead of draining it?
- How do you invest in friendships that nurture your sense of belonging?

Example:

I'm grateful for colleagues and collaborators who have become friends — the people who challenge, encourage, and keep me grounded in shared purpose.

Action of Gratitude:

- ☐ Send a short note to someone whose friendship you've valued recently.
- ☐ Offer mentorship or encouragement to a colleague who needs it.
- ☐ Other: _____

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Step 4: The Glass Ball of Health: Gratitude for Capacity

Health is the quiet enabler of everything else we do. Gratitude for health invites awareness — of energy, focus, movement, and rest. It shifts our mindset from “pushing harder” to “protecting what allows me to contribute.” When we treat our health as a gift, we lead with greater steadiness and clarity.

Reflect:

- What does “being healthy” mean to you right now?
- What are you capable of today that you may have once taken for granted?
- What boundaries could you set to protect your health and energy?

Example:

I’m grateful for the ability to think clearly, move freely, and recover when stretched. Health is what enables me to contribute — not something to trade away for progress.

Action of Gratitude:

- ☐ Schedule one restorative activity this week (walk, rest, hobby).
- ☐ Identify one habit that no longer serves your well-being.
- ☐ Other: _____

Step 5: The Glass Ball of Spirit: Gratitude for Meaning

Spirit is the compass that gives direction to effort. For some, it’s faith; for others, purpose, values, or simple quiet reflection. Gratitude for spirit reconnects us with why we lead and serve. It realigns daily work with deeper meaning and helps us lead from authenticity instead of routine.

Reflect:

- What gives your life or work meaning?
- How do you stay connected to your values during stressful times?
- Who models integrity, humility, or purpose in a way that inspires you?

Example:

I’m grateful for leaders who embody servant leadership — who live their values in how they treat others. They remind me that gratitude for spirit is gratitude for meaning.

Action of Gratitude:

- ☐ Spend five minutes in reflection, prayer, or quiet each morning.
- ☐ Revisit your “why” — write down what drives you beyond success.
- ☐ Other: _____

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Your Gratitude Snapshot

Ball	What I'm Most Grateful For	How I'll Show It This Month
Work		
Family		
Friends		
Health		
Spirit		

Final Reflection

Gratitude isn't just about noticing blessings — it's about *balancing them*. This final section brings your reflections together so you can see where your energy and appreciation are truly focused. Use it to pause, zoom out, and take stock of how the five balls fit together in your life right now.

As you review your notes, look for patterns, surprises, and opportunities to rebalance.

- Which "ball" feels most protected in your life right now?
- Which one needs more care or attention?
- What's one habit you could change to bring more gratitude into your daily rhythm?
- How can gratitude guide your decisions in the month ahead?

Work will bounce back. But the others may not. Gratitude is what reminds us which ball we're holding.