

# power of daily gratitude



Taking the time to be grateful and say thanks is proven to make us happier and healthier in a boatload of ways. But where does one start? Gratitude isn't difficult to master, but a little guidance can be handy if you're just taking your first steps into this new world.

## PART ONE: What should I be grateful for?

Sit in a quiet spot with a notebook and clear your mind. Take 5-6 deep breaths and think about the good parts of your day. What is something you look forward to doing when your alarm goes off? Which parts of your day make you smile? Or, to start even smaller, which parts of your day are the least bad? Which things make your life easier? Which parts of your day help bring you a little peace?

For example: *Think through your morning routine, then list the parts of it that you enjoy most. I'm grateful for a hot shower. I'm grateful for fresh lime-scented body wash. I'm grateful for deodorant. I'm grateful for coffee. I'm grateful for the five minutes between leaving home and getting on the train where I can let my thoughts wander. Start small and you'll find it becomes easier.*



Begin by writing five things per day that you're grateful for.  
Then next week, increase it to ten.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



## PART TWO: When should I practice gratitude?

It really doesn't matter, but many successful people find practicing gratitude first thing in the morning makes their entire schedule feel more relaxed and puts them in a good mood for the rest of the day. But what's important is that you do it regularly and at a time that suits you.

## PART THREE: 10 x 3 - Learning to love me exercise

Find a quiet spot once a week and write down 10 things you're grateful for, 10 things you've achieved and 10 things you like about yourself. Pin the list on the fridge or tape it to your mirror and read through it every day.

GRATEFUL	ACHIEVED	LIKE ABOUT YOU!