

## EXERCISE: CREATING YOUR PERSONAL GRATITUDE HABIT

*Becoming a more grateful person is relatively easy if you can find a way to carve out one to five minutes a day to reflect on the things in your life that you appreciate.*

### Step 1

Identify a current activity that might be a good time to practice gratitude. Common examples include grace before any meal, upon rising, before going to bed, and exchanging gratitude lists with a child or partner before bed.

Option No. 1: \_\_\_\_\_

Option No. 2: \_\_\_\_\_

### Step 2

Implement Option No. 1 for a week. At the appointed time, take a moment to think about or write down everything you are thankful for in that moment. You can use mindfulness to notice the little examples of goodness around you: sunshine through the window, a comfortable chair, or a delicious meal. You can also take a moment to be thankful for the bigger things: the people you love, a job, a comfortable home with air conditioning and central heating—whatever comes to mind that day.

### Step 3

If your first option was not a good fit, try your second option or even a third option until being grateful becomes a part of your daily routine.

### Step 4

Once you have begun to integrate silent gratitude into your life, try to add telling at least one other person that you appreciate them or something they do each day. Do not be surprised if you find your relationships improve dramatically.