

## EXERCISE: GRATITUDE JOURNAL

### Step 1

List twenty things you are most grateful for in this moment as fast as you can; notice whether your mood seems to lift at a particular point in the process.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
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16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_

**Step 2**

Take a moment to go down the list and thank someone or something—God, the universe, a person, or your lucky stars—for each one. Stay with each one until actually feel the warmth of gratitude in your heart.

**Step 3**

Once you are done, notice how you feel about yourself and life. Do you feel more hopeful? Less stressed? Happier?