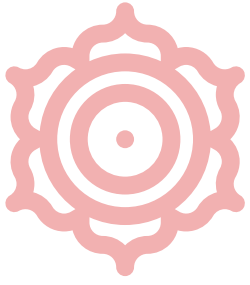




# **GRATITUDE TOOL**

## **5 THINGS EXERCISE**



# THE 'DO ANYWHERE' GRATITUDE TOOL

## BACKGROUND

There have been many studies that have proven that gratitude makes us happier and healthier. Gratitude can be cultivated and practicing gratitude creates a HABIT where we can focus on the positive in life.

*Happiness cannot be travelled to, owned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude.*

*~ Denis Waitley*

## HERE'S HOW TO USE THIS '5 THINGS' GRATITUDE TOOL

This tool can be done at any time, anywhere! Create habit where you do it regularly ie. when you wake, before you sleep, on the bus/train, when you are stuck in traffic.

*Especially if you're having a challenging day!*

1. Print and share with your colleagues and friends
2. Note down **5 Things** you are genuinely **grateful** for in your diary, on this piece of paper where you can see it every day
3. Count out the things you are grateful for on your fingers as an easy way to remember
4. Ask yourself "How can I make this a habit?"



1

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2

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3

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4

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5

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