



## COUNT YOUR BLESSINGS

Purpose: Consciously practicing gratitude to enhance feelings of satisfaction, leading to a more enjoyable, interesting, and meaningful life that sets us up for success.

### Steps

1. Everyday, spend 5 minutes making a list of things you are grateful for. Think back on your day and look at what are some things that you are thankful for. This could mean being thankful for your family or friends or something someone did for you or the things that you have or experiences that you enjoyed. Try not to judge what you are writing.
2. If it feels tough to think of things you are thankful for, sit with your gratitude diary for 5 minutes and write whatever you can. The things you are grateful for can be anything – a tasty meal, a call from your friend, a message from someone from a long time ago, a coffee that you got to enjoy....
3. Make sure that you write these down and not just think them in your head.
4. Some tips for making it more meaningful for you
  - a. Be as specific as you can – eg: I am grateful for my sister's call on the weekend when I was feeling lonely or I am grateful for the help I got from the house-help in cleaning the house for the party
  - b. Elaborate the things you are grateful for in more detail
  - c. Use the subtraction technique – think about how your life would be without some people/things
  - d. Stay in the gratefulness moment and savor that feeling
  - e. It is okay to write about the same things, experiences or people but try and write something different about them
  - f. Even if you do not find something to write about on a particular day or for a few days, don't give up sitting for 5 minutes. Showing up to write the gratitude journal is success

**Take the Gratitude Quiz before this practice and then again after a few months!**