



Daily Reinforcement: Finding Gratitude

Time: 5 minutes

The more you practice finding gratitude, the easier it'll be to see. This daily reinforcement encourages you to find gratitude for the everyday things that exist in your life.

Step 1

Find a quiet place to sit down. Close your eyes and listen to your breath. On the inhale, say quietly to yourself, "Inhale." On the exhale, say quietly to yourself, "Exhale." Do this for one minute to clear and calm your mind.

Step 2

Think of at least one thing you have to be grateful for right now. It could be a person, a roof over your head, your ability to walk or see, food to eat, etc. Capture all of the thoughts that come to mind using this to begin each statement: "I'm grateful for . . ."

Step 3

Say your gratitude statements out loud several times or until you begin to feel a shift in your mindset and attitude. Use this technique whenever you find yourself overcome with stress or negativity. You can also use this technique first thing in the morning when you wake up to set the tone for your day.

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