

DAILY GRATITUDE

Objective:

To turn thoughts outward and to feel grateful every day.

To shift your perspective outward and broaden your view, take time at the end of each day to write down three things you are grateful for, big or small. It could be a smile from a stranger, a call from a friend, a morning walk, finding a new recipe, a compliment at work – whatever brightened your day.

Print this mini poster out and hang it somewhere you will see it to remind you to do this every day.

