

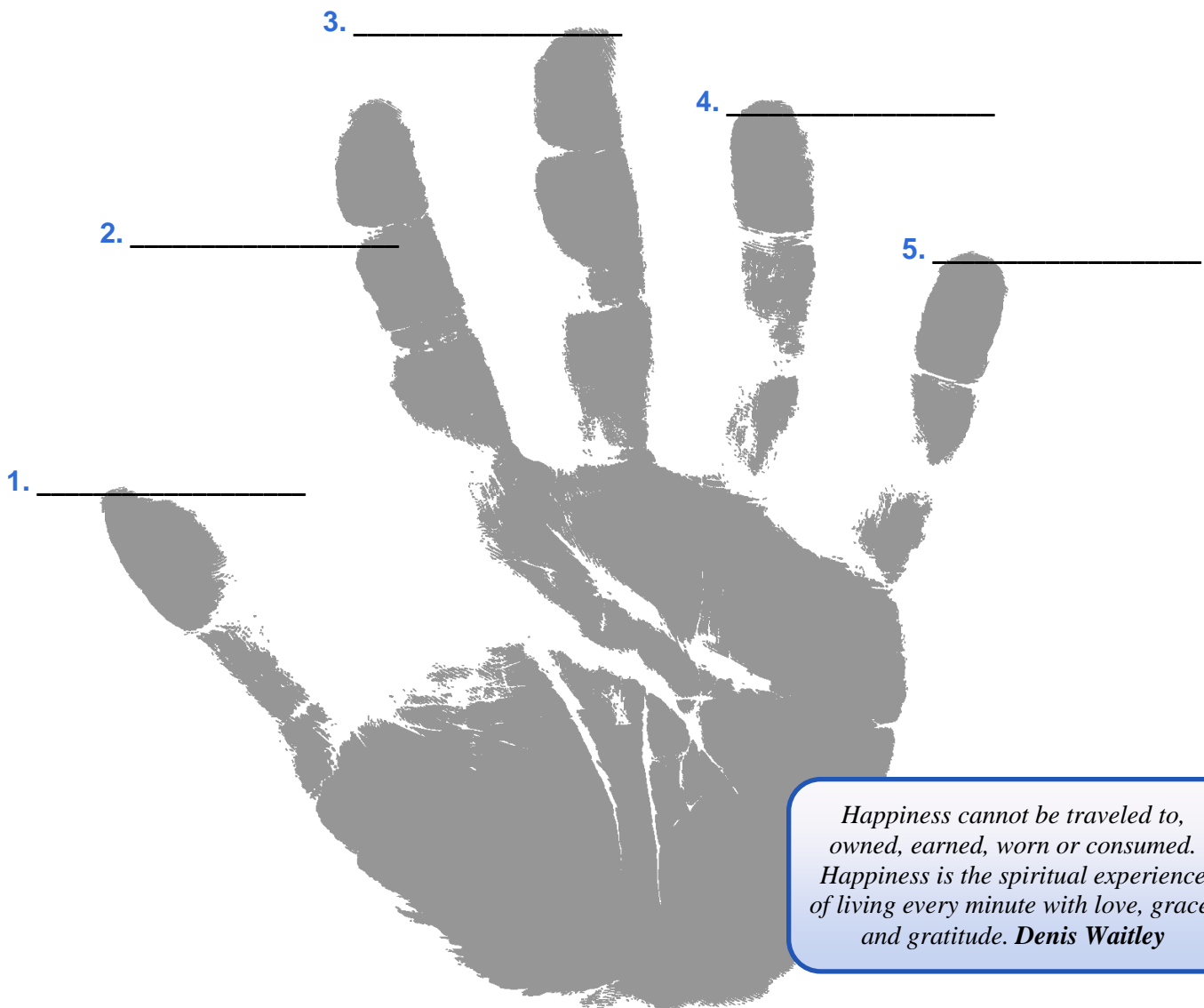
The "Do Anywhere" Gratitude Exercise!

BACKGROUND: There are many scientific studies that prove that gratitude makes us happier and healthier. And while gratitude, like any emotion, can't be forced, we can *cultivate* our thoughts so that gratitude is more likely to arise. And actively *practicing* gratitude helps us create a *habit* where we focus on the positive in life.

Here's how to use this "5 Things" Gratitude Tool

This tool can be done at any time, anywhere! Create a habit where you do it regularly eg. on waking up, before you go to sleep, on the bus home PLUS whenever you're having a challenging day!

1. Print this page out. **Tip:** Spread the gratitude by printing a few copies and giving to friends/co-workers!
2. Now think of **just 5** things to be genuinely thankful or grateful for and write them on the hand below. Can't think of 5? Look around you and think smaller and smaller until you *can* come up with 5 things.
3. Now that you have this tool, the easiest and most environmentally friendly option is just to count on your fingers! To wrap-up, ask yourself, "How can I make this a regular habit?"



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