

## Life Planning Exercise 18 – Being More Grateful

Numerous studies have demonstrated the incredible power of gratitude, showing it to be a powerful tool in treating depression and a wonderful way to add quality years to your life. The *Attitude of Gratitude* Mindset teaches us to practice gratitude *every day*. One way to do this is by keeping a daily gratitude journal. To do so, just keep a journal in which you write down at least three things each day for which you are grateful. It is important to recognize the big things in your life like friends and family, but it's just as important to recognize the little ones as well. These may be easy to overlook and take for granted because you've always had them (e.g. air, water, food, etc.), but they're certainly worth being grateful for.

While it's important to take time each day to write things down, it is equally important to recognize good things as they are happening to you. When you can do both, gratitude will become a powerful force in your life.

List as many things as possible that you're grateful for. Include major items in your life as well as some smaller, less obvious ones.

Big Things	Little Things	Things I Take for Granted
My Family	I slept great last night	Meals every day
My Friends	It's beautiful out today	Having all my limbs
My House	My favorite pajamas	The ability to see

## **Common Things to be Grateful for**