

## **Daily Gratitude**

This exercise is designed to help you appreciate the things in your life that you are grateful for. Recognising gratitude is an excellent way of grounding you and helping you choose an appreciative mindset whatever your situation.

What are you grateful for today?

| 1. |  |  |  |
|----|--|--|--|
| 2. |  |  |  |
| 3. |  |  |  |
| 4. |  |  |  |
| 5. |  |  |  |
|    |  |  |  |