



# 5 THINGS GRATITUDE TOOL

*The "Do Anywhere" Gratitude Exercise*



*This tool can be done at anytime, anywhere! Create a habit where you do it regularly (ex. Waking up, going to bed, on your commute) AND wherever you are having a challenge!*

- 1. To begin creating a habit, fill in the worksheet daily (feel free to share with friends and co-workers).*
- 2. Identify 5 things to be genuinely grateful for and write them below. They can be small or large. You can identify people, things, experiences, etc.*

1.

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2.

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3.

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4.

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5.

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There have been many studies that have proven that gratitude makes us happier and healthier. Like any emotion, gratitude can't be forced but we CAN cultivate our thoughts so that gratitude is more likely to arise. Practicing gratitude helps create a HABIT where we can focus on the positive in life.