

# Practicing Gratitude

Regularly practicing gratitude can be as simple as taking the time to reflect and acknowledge the things you're thankful for. This process, when practiced regularly has been proven to result in more positive emotions, improved sleep, increased positivity through allowing the expression of compassion and kindness, and can even boost immune systems! The best part is that it doesn't need to be saved for momentous occasions and it's free. Simply jotting down a few of your strengths and qualities can increase your life satisfaction.

We encourage you to BE YOURSELF and try the examples below.

**I am good at these things:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Things that make me unique are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**I have overcome the following challenges:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Times that I have helped others:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**I made others happy by:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**I am good at these things:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**I have been complimented on:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Things I value the most:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_