

Gratitude Exercise

Taking time to acknowledge things you are grateful for can boost your mood. We tend to take things for granted missing opportunities to get psyched up about all the blessings we have. Make a gratitude list based on each letter of the alphabet. If you can't think of one for every letter, don't worry. The goal is to get yourself to pay attention to the good. It's not about completing this exercise.

Some Suggestions: Consider . . . things, people, places, events, activities. Think about your spiritual, physical, emotional, social, physical aspects.

I'M GRATEFUL FOR...
A
B
C
D
E
F
G
H
I
J
K
L
M
N
O
P
Q
R
S
T
U
V
W
X
Y
Z