

# LIVE BRIGHTer

## G – GRATITUDE

Practicing gratitude is one of the easiest ways to increase joy by being present to all the blessings you have in your life. Numerous studies have shown a strong connection between practicing gratitude and increased happiness, more satisfaction with life and greater resiliency.

Practicing gratitude is more than saying 'thank you' to someone. It is really focusing on those things in your life that you are grateful for such as your health, having a roof over your head and amazing kids in your life. Some people find daily writing in a gratitude journal helpful for keeping track, while others are happy to think of 3 things they are grateful for as they are going to sleep at night. Whichever way you choose, you will find that focusing on the gifts in your life will keep you balanced and increase your life satisfaction.

1. What are 3 things I am grateful for in my life?

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2. How does it make me feel to acknowledge those things?

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3. How can I practice gratitude every day?

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My rating of the level of satisfaction with this pillar in my life on a scale from 1-10 (low to highest).....