

## The Grateful 4 Practice

Gratitude is such a simple, obvious practice it can often be overlooked. And yet for the small amount of time and energy it takes us, a daily gratitude practice can reap significant benefits.

I am not suggesting we partake in faux-gratitude when things are outright terrible, or pretend life is all sunshine, rainbows, and unicorns. However, building in a small, daily gratitude practice, especially when our spark is glowing bright, can help us build a really strong foundation for when things are not so great, and our spark is threatened. A habit of gratitude builds and consolidates our self-compassion, knowledge, and awareness. It connects us with who we are, and what matters to us.

For my part, during my Grateful 4 practice, I often realize that I am grateful for 95% of the day, yet have been worrying about 5% of it. This perspective helps me see that things are actually fine, despite my busy mind. Not every day is this way, and there are times when cynicism or sorrow makes it difficult to even look for the good things in life. However, building this practice consistently has helped me connect to a sense of okay-ness, even on the hardest days.

### **The practice:**

*Each day* at a particular time or juncture, **reflect on and write down four things you are grateful for about that day, or just feeling grateful for at that moment.** If you don't have a pen and paper or your phone nearby, you can share it with someone, or just think about it.

With love

Sally Clarke