

The Grateful4: Exercise



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

I am not suggesting we pretend life is all sunshine, rainbows, and unicorns. However, a daily habit of gratitude builds and consolidates our self-compassion, knowledge, and awareness. It connects us with who we are, and what matters to us.

This exercise is one you can do at any time, anywhere. Ideally, have a pen and a journal or piece of paper, or use your phone, to record your Grateful4.

The Grateful4:

Each day at a particular time or juncture, **reflect on and write down 4 people, experiences or things you are grateful for about that day, or simply feeling grateful for at that moment.**

You might want to sometimes share this practice with someone. It can be fun to put one hand on your heart to deepen the felt sense of gratitude for those people, experiences or things, too.

Sally Clarke