

Gratitude Practice Slide

1. Take a deep breath in and out.
2. Determine where you are on the happiness scale:
Not happy, a little happy, moderately happy, very happy, extremely happy
3. Determine how much stress you are feeling:
No stress, a little stress, moderate stress, very stressed, extremely stressed
4. Take a deep breath in and out
5. Reflect on what you are grateful for and then look at the next slide.
6. When looking at the next slide, pick at least 3 areas you feel gratitude.
7. List the reasons you feel gratitude.
8. Repeat as often as necessary.

Love

My Partner



Books

Family

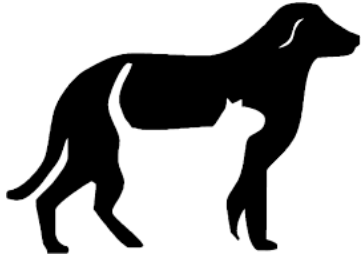
Family



Friendships



Outdoors



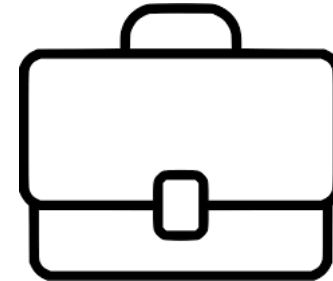
Pets



Security



Health



My Career/Job



Community



Faith

Child(ren)



Grandchild(ren)



Recreation



Not Listed?