

## *Ruth Adjaho Samuelsson*

### Gratitude Exercise

**BACKGROUND:** There have been many studies that have proven that gratitude makes us happier and healthier. Like any emotion, gratitude can't be forced but we CAN cultivate our thoughts so that gratitude is more likely to arise. Practicing gratitude helps create a HABIT where we focus on the positive in life.

### Here's how to use this "5 Things" Gratitude Tool:

This tool can be done at anytime, anywhere! Create a habit where you do it regularly e.g. on waking up, before you go to sleep, on the subway home PLUS whenever you're having a challenging day!

1. Print this page out. (**Tip:** Spread the gratitude by printing a few copies & giving to friends/co-workers and family!) If necessary!!
2. Now think of **just 5** things to be genuinely thankful or grateful for and write them on the hand below. Can't think of 5? Look around you and think smaller and smaller until you *can* come up with 5 things.
3. Now you know how to do this, the easiest and most environmentally friendly option is just to count on your fingers! To wrap-up, ask yourself, "How can I make this a regular habit?"

