



# 5 Things Gratitude Tool

## The "Do Anywhere" Gratitude Exercise!



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**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 any time, anywhere! Create a habit where you do it regularly eg. 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!)
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. Allow a warm wave of gratitude to bubble up and fill your heart.
4. 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?"



*"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude." **Denis Waitley***