

## Gratitude

### GRATITUDE

Spend a moment each morning when you wake, or just before bed at night, bringing to mind something or someone for which you are grateful.

Picture the person or thing in your mind and feel the gratitude swell, surge in your heart.

If it is a person, send a quick message to him or her. Notice how you feel after sending the message.

Connecting this practice to a part of your morning and evening routine creates the positive habit of offering gratitude in your life.

### GRATITUDE - DAILY PROFESSIONAL (OR FAMILY) PRACTICE

Appreciation adds value, depreciation decreases value, it is basic math.

Each day offer one specific statement of appreciation to a co-worker, client, patient, friend or family member.

Breathe in and out after sharing your appreciation. Have your thoughts and feelings shifted a bit?

### GRATITUDE - THREE GOOD THINGS

Before going to bed, bring to mind three good things that happened during the day. Smile. Prepare for sleep with these three good things on your mind and in your heart.

The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. - Helen Keller

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