

# Simple Gratitude Practice

Simple, Short and Easy to Implement.

You can write these in your daily journal or say them outloud.  
Aim to do this each day when you wake up or at night before you go to bed.

If you miss a day pick it up the next.

Aim for a sentence each day, and if you feel like writing more go for it!

## Material

write down what possessions you are thankful for

## Spiritual

write down what you value in your spiritual life

## Relational

write down who you are glad is a part of your life

## Emotional

write down how your emotions add value to your life and what you appreciate about them

## Physical

write down what you appreciate about your body and what it does for you