

Gratitude Workouts

- Write, in as much detail as possible, a memory of joy. Tune in to what the experience was like for all of your senses. What can you remember visually? What did you hear? Were there smells? Were you tasting anything? What did the air or your clothes feel like against your body?
- Think about and describe something that you're looking forward to. Write about it, share with a friend, make art, tell your pet...
- Make a list of simple pleasures that you can remember. Go through a regular day in your mind, starting with the moment you wake up in the morning.
- What is something that you're grateful for/about, that wasn't there one year ago?
- Write about one person who you're grateful for. As specifically as possible, describe what it is about them and how they make you feel.