



5 Things Gratitude Tool

The "Do Anywhere" Gratitude Exercise!

Lifestyle Medicine AFLAME

BACKGROUND: There have been many studies that have shown that gratitude increases positive emotion & improves overall well-being. 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, but especially 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. 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?"

