# Quick Gratitude Exercise

# See the source image

A gratitude exercise takes a few minutes and increases feelings of happiness and satisfaction.

Our minds can often focus on our needs, wants and problems, which is great for our survival, but does mean we can sometimes feel overwhelmed by our difficulties. By using this quick gratitude exercise, you will notice a shift in your thinking and feeling to a more appreciative, positive, and happier frame of mind.

The best time to do this is before you get out of bed in the morning, but of course can be done at

any time.

1. Close your eyes.
2. Think about a someone you are grateful for (family, friend, neighbour, even a pet). What do they look like, do, say? Why are you grateful for them? What would it be like if you hadn’t had them in your life? Focus on appreciating them and being grateful for them. Notice what this experience feels like. Smile to yourself with gratitude.
3. Think about something about yourself you are grateful for, it might be a physical, emotional, intellectual attribute. It can be something obvious to you, or something you might not have thought about being grateful for, like your hands, or legs. Just focus on one thing about you. What does it do for you? What would it be like not to have it? Consider what it is like for others who don’t have it. Just take a few moments to appreciative… feel grateful. Notice what this experience feels like. Smile to yourself with gratitude and open your eyes.

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