

5 DAYS OF GRATITUDE

BODY

DAY 1

We often focus on a body part when it hurts but we never thank it whilst it's working. So today, turn your attention to a part of your body that feels good. Your eyes, your hands, your feet, whatever it is, and say *"thank you ... for what you do for me everyday. For allowing me to ..."*

DAY 2

We all go through a rollercoaster of emotions every day. And that's OK. Today you just have to focus on one emotion and be grateful for the lessons it's taught you. For instance, if you got angry and shouted at someone you didn't mean to. Rather than beating yourself up about it. Forgive the emotion, acknowledge it, learnt from it and feel grateful for the lesson.

EMOTIONS

PEOPLE

DAY 3

Who are the people in your life that light you up? Today is all about acknowledging them. Send them a text/ call them/ meet up with them, give them a hug and say *thank you*. It will make their day and yours too.

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DAY 4

Focus your attention on a recent experience/activity that you enjoyed or one where you learnt some valuable lessons. What was it about it that lit you up? Smile as you reconnect with the thought. And let that memory fill your body up with good energy.

EXPERIENCES

TREASURE

DAY 5

Take a look at the things around you. What do these items mean to you? Are they merely there for decoration or do they serve a purpose? If so, what function do they serve and how grateful are you for them? From your bed to your favourite shoes. Walk around your house looking and appreciating what you have. One sure way to appreciate the things we take for granted is to imagine life without them.

BONUS

Now you give it a go. You get to decide what you'd like to focus on today.

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