

Exercise: Gratitude journal

Once a week, take a few minutes to reflect on gifts that you've received in your life. These gifts could be simple everyday pleasures, people in your life, personal strengths or talents, moments of natural beauty, or gestures of kindness from others. An item might be a conversation, a lovely view, an event at work, a treasured possession, a beloved friend, connection to God—whatever occurs to you.

Jot down several gifts. As you write, try to be specific and open to feelings that arise as you bring each gift to mind. Let yourself relish or savor the gifts and be aware of the depth of your gratitude. Some items may repeat from week to week, but try to keep the list fresh, reflecting on recent experiences and taking the time to mindfully explore the feelings associated with each one.

You may find it helpful to consider different realms in which you might feel gratitude and see if you can recall a gift in each category. Write these gifts on the blanks below if you like (if you need more space, go to giftofbeingordinary.com or guilford.com/siegel4-materials).

Work: _____

Family and friends: _____

Nature: _____

Health: _____

Uplifting moments: _____

Material comforts: _____

If writing doesn't suit you, feel free to speak or silently contemplate your gifts instead; express gratitude for your gifts as part of an evening reflection or prayer; or find a "gratitude buddy" with whom to share your reflections in person or by phone, text, or email.

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