



M2

THE GRATITUDE ATTITUDE

When we make a choice to find something to be grateful for, we begin the process of *paying attention on purpose*. Gratitude is a gateway to mindfulness, and all sorts of other luscious goodness.

DID YOU KNOW? Gratitude grows parts of our brain that include reward centers, moral cognition, fairness and justice, AKA pleasure and wisdom. It enhances relationships and social connections. It helps combat our natural negativity bias.

So, cultivate a gratitude attitude. One gratitude a day, one minute a day. If you miss a day or two or five, it's perfectly okay. Just start again. We've provided a few prompts for inspiration, or just do your own thing. You decide what's meaningful for you.

PUT INTO PRACTICE

Someone you are grateful for: _____

because _____

Something you are grateful for: _____

because _____

A place you are grateful for: _____

because _____

Something about yourself you are grateful for: _____

because _____

A memory you are grateful for: _____

because _____

A lesson or "failure" you are grateful for: _____

because _____

A success you are grateful for: _____

because _____

A food you are grateful for: _____

because _____

A book or movie you are grateful for: _____

because _____

An activity you are grateful for: _____

because _____

