

GRATITUDE

8 MINUTE ACTIVITY

MINDSET ACTIVITY

This activity can be split into two am/pm. Every morning & evening write down 8 things that you are grateful for.

Set a timer for 4 minutes and while you write your list spend time thinking/feeling/reviewing what it is that you feel grateful for.

Morning List

In the morning write a list of 8 things you feel grateful for that relate to your life like your health, your family, your friends, the home you live in, the water you drink, the hot water in your shower, the food you have to eat, your job, your business - look around you what can you see to be grateful for? The 8-minute challenge ;-)

Evening List

In the evening write a list of 8 things that you are grateful for that happened to you that day.

Below is an example of the two lists, you might want to start a gratitude journal for this activity (notebook or paper).

<i>AM Gratitude List</i>
1
2
3
4
5
6
7
8

<i>PM Gratitude List</i>
1
2
3
4
5
6
7
8