

DAILY GRATITUDE PRACTICE

Start a daily routine that is proven to make you happier, healthier, have better relationships and enhance your career¹.

Grab a journal or notebook and write down what you are grateful for at the end of each day to achieve the benefits. Use the following prompts for your daily practice:



TODAY'S DATE: _____



1 Something I'm grateful for today _____



2 Another thing I'm grateful for today _____



3 Another thing I'm grateful for today _____



4 Again, another thing _____



5 You get the idea _____



SELF: Something about yourself for which you are grateful or proud



BEST: The best thing from the day _____



WORST: The worst thing from the day _____



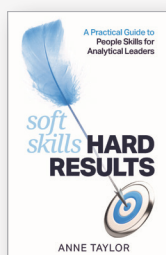
FEAR: A fear from the day _____



LEARNING: Something you learned today _____



PARTNER: (or any loved one) Something you have appreciated about your partner today



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