

Gratitude Minutes

Discover how easily sixty seconds can shift your day.



1. Take a deep breath and breathe out with a sighing 'ahh' sound.
2. Smile a gentle half-smile.
3. Think of 3 things you feel grateful for.
4. Allow the feelings to grow.
5. Thank yourself for taking the time to do your gratitude practice today.
6. Release the practice - and perhaps dedicate it to someone in your life who needs it.
7. Write down your answers in your journal - or on the forum.