

Exercise: Three Gratitudes

1. Reflect on Today:

- Take a moment to reflect on your day. Identify three specific things that happened today for which you feel grateful. They could be moments of connection, achievements, or even small joys.

2. Express Why:

- For each gratitude, write a sentence or two explaining why it holds significance for you. This adds depth to your reflections and reinforces the positive impact.

3. Repeat Regularly:

- Incorporate this "Three Gratitudes" exercise into your gratitude journaling routine. Repeat it consistently to build a habit of mindfulness and appreciation.