THAT ATTITUDE OF GRATITUDE!

Adapted from ASCA library Olivia Pinedo
Gratitude is Good For You

Oh man! It is hard to find things to be grateful for when we are going through a rough time, but it really is worth it.
I CHALLENGE YOU TO THE GLAD TECHNIQUE
What is that you ask?

Step 1. Find an old journal, notebook, paper, or simply your notes on your phone.
Step 2:

◦ **G:** What are you grateful for today?

◦ These are my doggos
  ◦ On the left is Rocksteady on the right is Bebop
  ◦ They may be sick of me at home but I love to see them all day, everyday!
Step 3:

◦L: One thing you learned today

I am baking bread – and trust me, it has not gone well! But I am not going to give up...unless I can't find any more yeast 😊
Step 4:

◦ **A:** What did you accomplish today?

◦ I mowed my lawn and put up my hammock – and I even brushed my teeth!
Step 5:

D:

What delighted you today?

Garth shared this video and I finally got a moment to watch it!!

Well worth it – I even cried a little, now I want to be a Hamilton and The Office fan!

Some Good News
TA-DA! YOU HAVE COMPLETED THE GLAD TECHNIQUE

Share your GLADs with me if you want!