



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!