

UNSTUCK

# GET YOUR GRATITUDE GLOW ON.

Tap into gratitude in a way that feels fresh each time.

**Write down three moments you enjoyed yesterday.**

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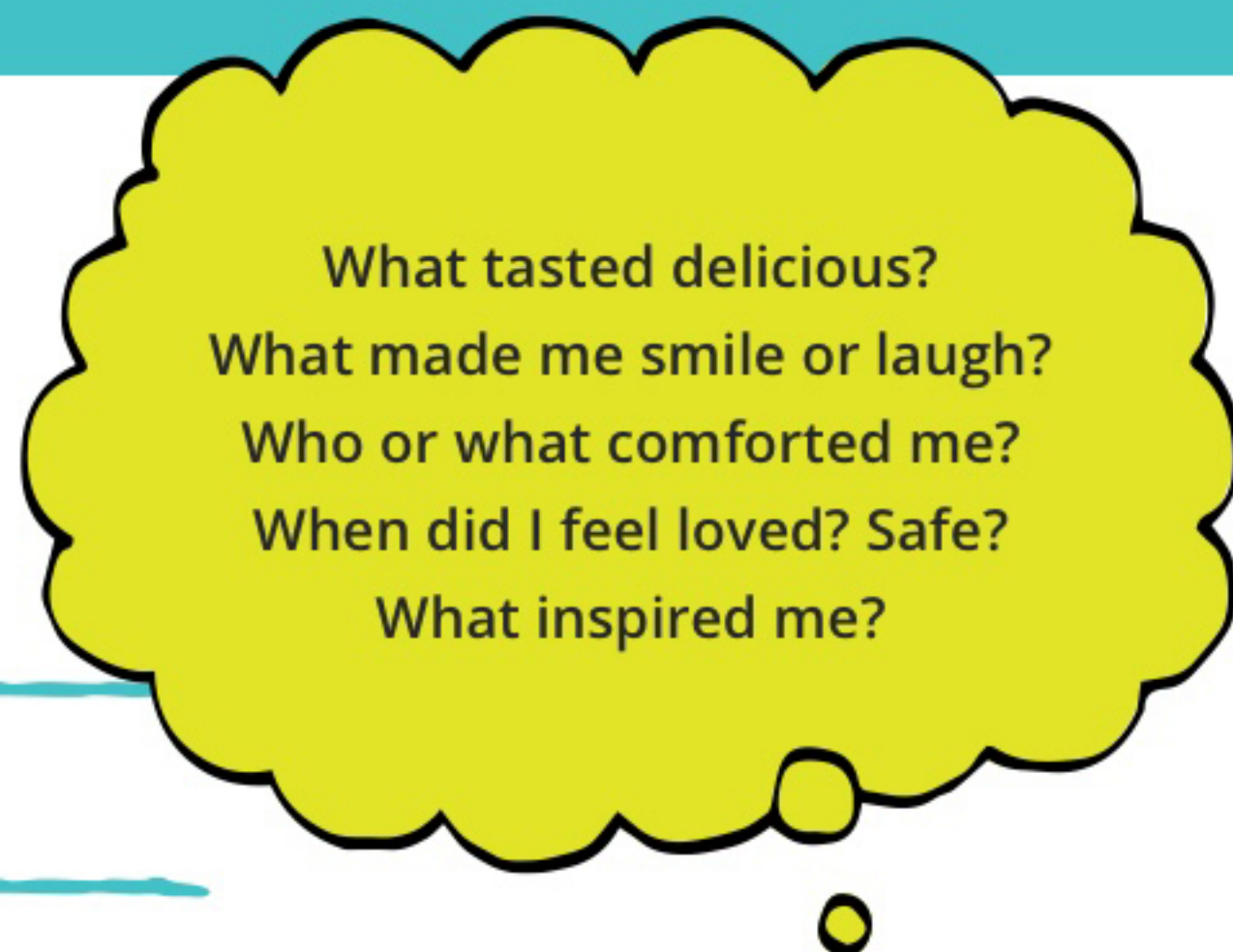
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**For each moment, write down who or what contributed to your ability to experience it.**

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The next time you're feeling stressed or overwhelmed, practice this exercise — you'll be amazed how good it feels.