## GET YOUR GRATITUDE GLOW ON.

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

Write down three moments you enjoyed yesterday.

What tasted delicious?
What made me smile or laugh?
Who or what comforted me?
When did I feel loved? Safe?
What inspired me?

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.