Lesson 8

Make a Grateful List - Exercise

Instructions: Write all of the things that you are grateful for in your life.

Here is an example: "A house. I am thankful that I have a place to live and I feel safe."

Read your list slowly and aloud. As you read through, you will start realizing the true value of things you might have taken for granted. You will begin to feel grateful for all these good things in your life.

Make it a habit to go through this list each day. This acknowledgement of the good things that you have in your life will make you value them more. The joy you get from these favorite things of yours, will make you feel positive inside and will make you start trusting yourself more. You will gain more confidence required to take on the challenges of life and your abilities and self-confidence will surely help you come out with flying colors.

This exercise not only makes you realize the value of your most precious things, it also helps blur out your problems of life. You

start focusing on the positives in your life and filtering out the negatives thereby enhancing the quality of your life.

I AM GRATEFUL FOR:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____