

GRATEFUL CONTEMPLATION EXERCISE 2

We cannot change what life presents. We can, however, choose our attitude in any given circumstance. You can practice consciously choosing to cultivate gratitude with this daily practice:

Practice stopping and having an attitude of gratitude throughout the day. You might incorporate a cue, like sitting down for a meal, hearing an alarm go off, or commuting home, to turn your mind to gratitude. Acknowledge and savor the positive experiences of your day.

List a few cues you can use to remind you to stop and practice an attitude of gratitude:
