

**EXERCISE:  
EDIT THE VOICE IN YOUR HEAD:  
FIVE THINGS I'M  
THANKFUL FOR TODAY**

I encourage you to use this worksheet as a guide and actually write your "5 Things I'm Thankful for Today" in a nice journal that you either keep by your bedside or the coffee table where you might sit and relax before going to bed. Either way, the point is to develop some sort of routine so that it naturally becomes a part of your day, helping to ensure that you do it every day.

When you feel like getting even deeper, adding a "why" to your list sometimes makes it even richer and more memorable. As an example, I periodically will say that I am thankful for the family birthday party for my niece because it allowed me to see many different family members that I hadn't seen in several weeks.

I usually utilize the list to capture highlights from my day. However, sometimes I will list characteristics or experiences that make me feel grateful. An example of characteristics are "people with loving, kind hearts" and "people who are quick to laugh." An example of experiences are "the smell of home-made baked bread because it reminds me of my Grandma" or "witnessing a loving reunion at the airport or a restaurant, etc."

Make this your own. Dig deep because that is where the magic is at. You will be amazed at having a favorite coffee mug that you drink from daily makes you grateful because it is part of a daily routine that makes you feel satisfied. And, again, when you can see these "little" details all around you these are the details that you see in life and not the annoying things that used to bother you.

**5 Things I'm Thankful for Today:**

1. \_\_\_\_\_  
add a why if you desire: \_\_\_\_\_
2. \_\_\_\_\_  
add a why if you desire: \_\_\_\_\_
3. \_\_\_\_\_  
add a why if you desire: \_\_\_\_\_
4. \_\_\_\_\_  
add a why if you desire: \_\_\_\_\_
5. \_\_\_\_\_  
add a why if you desire: \_\_\_\_\_