

THE 3-THING PRACTICE

A free, one-page gratitude exercise

Five minutes, once a day. That's the whole practice. Write down three specific things you're grateful for — specific beats general, and at least one should be something small and easy to overlook.

Today, I'm grateful for

1.

2.

3.

If you want a prompt

- What's something ordinary that worked today, that you usually don't notice?
- Who did something small for you today you could thank them for?
- What's something hard that still had a piece of goodness inside it?

Copy this page as many times as you like — print it, or keep the questions on your phone.