



The 5 Things GRATITUDE TOOL

Think of just **five things** that you are genuinely thankful or grateful for in your life, and write them down on the hand below. Create a habit where you do this regularly e.g. before you sleep, when you wake or whenever you are having a difficult day

3. _____

2. _____

4. _____

5. _____

1. _____

"Acknowledging the good that you already have in your life is the foundation for all abundance"

- Eckhart Tolle

