



Writing a Note

This is one of the quickest exercises for you to share your gratitude and broaden your attention to the positives in your life. Use this exercise to walk through the basic steps of this practice and then decide how you might keep it going in your daily life.

Practice

Think about a recent action taken by someone or an experience you had that deserves praise and recognition (this can even be just something you have done or some experience you created for yourself). Write the situation down below:

Write a note on a sticky pad, email, letter, or, if you intend to share this note in person/over phone, think about what you would say. If you are writing a gratitude note, make sure you include how your life would be different *without* that person, event, action, or experience.

Fill out the steps below to create your implementation plan:

How (will it be delivered): _____

When (will it be delivered): _____

Where (will it be delivered): _____

Combine into a sentence (e.g., "I will give this message to..."): _____

Follow up (complete after delivering the note)

Answer the following question: "After delivering the note, I noticed that I felt...And I will/will not continue practicing because..."



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