



Strengthen Your Gratitude "Muscle" with this "Count Your Blessings" Exercise

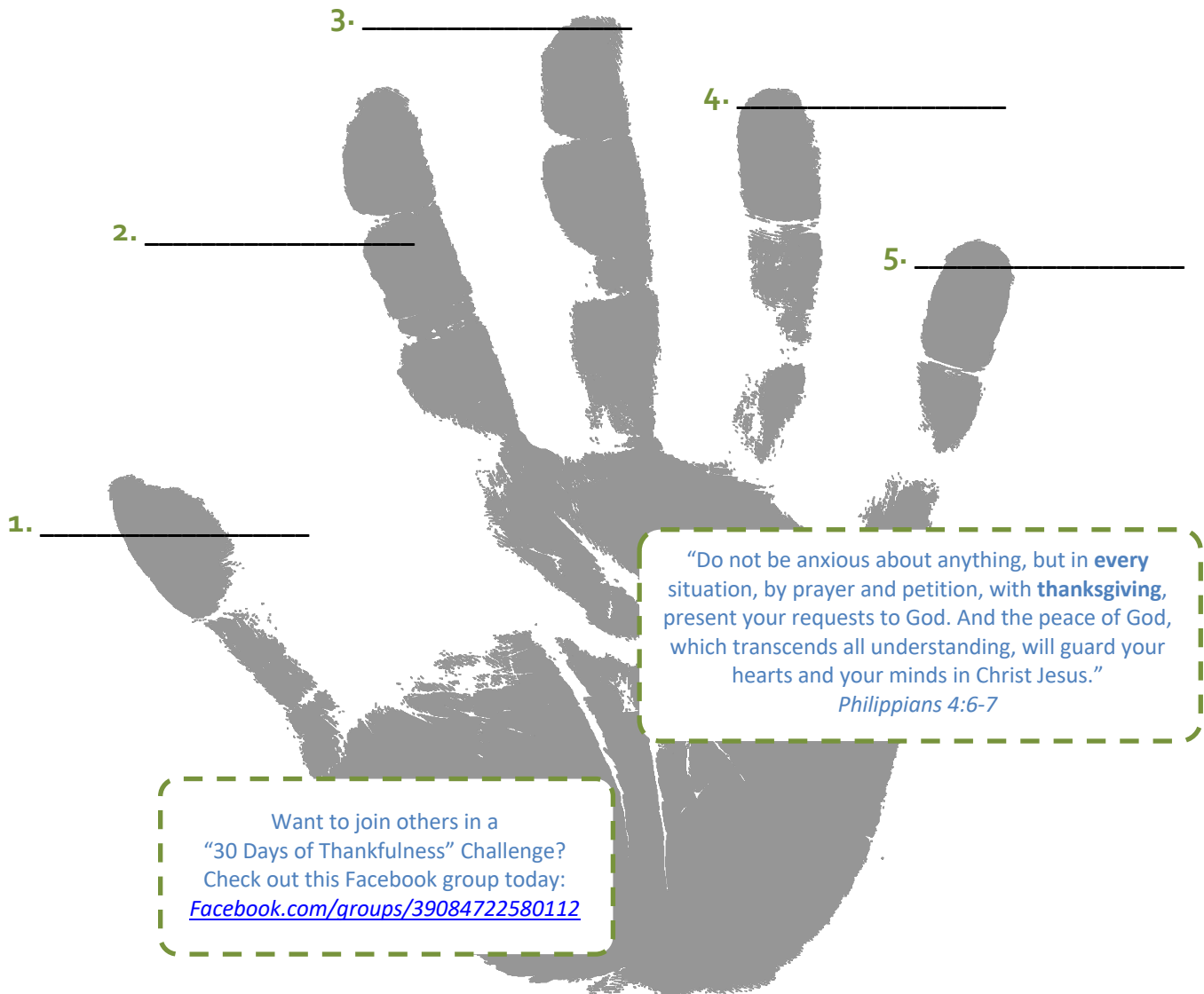


Did you know? There have been many studies proving that gratitude makes us happier and healthier. You CAN cultivate gratitude in your heart and mind through practice. "Rejoice always, pray continually, give thanks in all circumstances; for this is the God's will for you in Christ Jesus." *1 Thessalonians 5:16-18*

Here's how to use this "Count Your Blessings" Gratitude Exercise:

Giving thanks can become your habit of life. To make it so, choose to do this exercise at a set time each day: when you wake up, as you brush your teeth, before you go to sleep, or as you travel to work or school. You'll find it's especially useful whenever you're having a challenging day!

1. Print this page out. (**Tip:** Share the gratitude by printing a few copies & giving to friends/co-workers!)
2. Now think of **just 5** things to be genuinely thankful or grateful for and write them on the hand below. Can't think of 5? Look around you and think smaller and smaller until you *can* come up with 5 things.
3. Now that you know how to do this, the easiest and most environmentally friendly option is just to count on your fingers at your selected time of day!



"Do not be anxious about anything, but in **every** situation, by prayer and petition, with **thanksgiving**, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Philippians 4:6-7

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"30 Days of Thankfulness" Challenge?
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