**BACKGROUND:** There have been many studies that have proven that **gratitude** makes us happier and healthier. Like any emotion, **gratitude** can't be forced but we CAN cultivate our thoughts so that **gratitude** is more likely to arise. *Practicing* **gratitude** helps create a HABIT where we focus on the positive in life.

**Here's how to use this "5 Things" Gratitude Tool:**

*This tool can be done at any time, anywhere! Create a habit where you do it regularly eg.on waking up, before you go to sleep, on the subway home PLUS whenever you're having a challenging day!*

1. Print this page out. (**Tip:** Spread 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 you know how to do this, the easiest and most environmentally friendly option is just to count on your fingers! To wrap-up, ask yourself, "How can I make this a regular habit?"



**1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude."* ***Denis Waitley***