

# GRATITUDE AND HOPE

## Power of thanks

“It’s not about having what you want,  
it’s about wanting what you have.” ~ Author Unknown

Gratitude, being thankful for what you have, and hope, anticipation of good things to come, can both decrease stress and increase positive feelings such as happiness. One way to increase an attitude of gratitude and hope is to make the following exercise part of your daily routine.

### Instructions:

Before you go to bed each night, reflect on your day and then write down three things that happened in the last 24 hours that you are thankful for. Not only will this practice get you in the right mindset for sleep but it will create a habit of looking for the good things in life rather than focus on the stressful and worrisome aspects of every day.

Three things that happened in the *last 24 hours* that I am thankful for are...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

As part of your morning routine, reflect on the upcoming day and write down three things that you have to look forward to in the next 24 hours. Getting into this habit can increase positive feelings such as hope and optimism as you greet a new day.

Three things I have to look forward to in the *next 24 hours* are...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_