

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #42: WRITE THREE THINGS THAT WENT WELL TODAY



"A grateful heart is a beginning of greatness."

- James E. Faust

Being grateful doesn't only have to happen on Thanksgiving day or any other holiday; it can be an everyday feeling. Even though there may be many negative things happening in our lives, there are still many positive things happening simultaneously. Focusing on the positive can really help improve our quality of life. It's what allows us to feel things such as joy, happiness, and love which in turn allows us to be great.

Practice Gratitude Today:



1. SET ASIDE 5 MINUTES TO REFLECT ON HOW YOUR DAY WENT.
2. THINK ABOUT EVERYTHING THAT HAPPENED AND LIST THREE THINGS THAT WENT WELL.
3. WRITE YOUR LIST IN A JOURNAL AND INCLUDE THE DATE, OR WRITE IT ON A CALENDAR, OR SIMPLY SAY YOUR LIST OUT LOUD.
4. TRY TO REPEAT THIS ACTIVITY AT LEAST 1X EVERY WEEK.

Parent Practice Tip:

Ask your child(ren) what are some positive things that happened to them today; what made them smile. Also, share what went well for you today.

To Learn More:

Practicing Gratitude

Thankful by the Juicebox Jukebox

5- Minute Meditation

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