



ABOVE & BEYOND

Transforming the workforce. Transforming lives.

5 Things Gratitude Tool

The 'Do Anywhere' gratitude exercise!

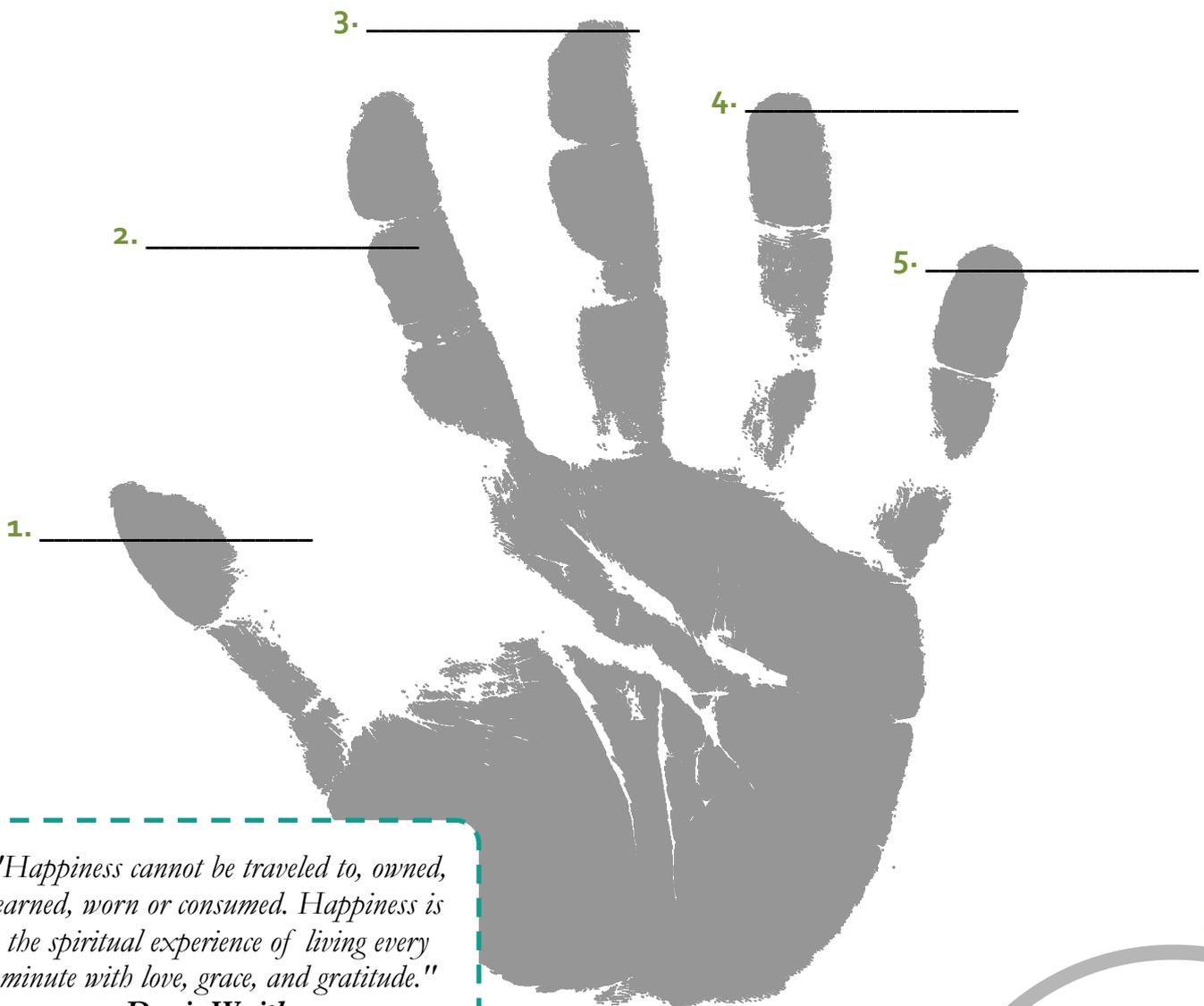
BACKGROUND: There have been many studies that have proven that **gratitude** makes us happier and healthier. Like any emotion, **gratitude** can't be forced but we CAN cultivate our thoughts so that **gratitude** is more likely to arise. *Practicing gratitude* helps create a HABIT where we focus on the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



"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



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Arlene Hunt is a leadership and mindset coach. Her 30 years' work experience spans law, adult education and management of teams and individuals in various business and organisational settings.

Arlene's curiosity into human behaviour and what makes people tick led her to study psychology and mental health. She has shared her knowledge with many sectors including education, mining, not for profit and private organisations.

An unapologetic optimist Arlene believes every workplace can be a source of potential, motivation and satisfaction for every employee. She understands that truly effective communication skills and harmonious relationships at work is what makes getting out of bed in the morning worthwhile.

Through her workshops and coaching Arlene enables individuals to reach their full potential and be part of a thriving team.