

Learning to be G.L.A.D.

G: Something you were grateful for today.

Think of something very basic for which you are grateful. It could be something as simple as the sunlight or the nourishing food you eat. Write it below.

Now think of something truly important in your life like a meaningful relationship, kids, friends, or your health. Write it below.

L: Something you learned today.

Write down something positive you learned about yourself today. It might be something you already knew, but it came into focus today.

Write down something you learned about another person today. Again, it might be something you were already aware of, but you were more aware of this quality today.

Write down a fact you learned today that made you curious or more aware of the world around you.

Write down how something you learned today which changed your perspective of yourself or the world around you in a positive way.

A: One small accomplishment you did today.

Many people feel that accomplishments have to be a big important task, but it's the little things that make a difference in your life. Perhaps you are working on a goal like exercising or eating healthier or finding a new job. Small steps towards your goal are important accomplishments.

Write down something you accomplished today.

Coping Skill Activity

D: Something that brought you delight today.

What made you laugh or smile?

What small thing of beauty did you see today?

What did you hear today that lifted your spirits? A song? A child's voice? A joke?

Now close your eyes and think of your day and what you wrote. Breathe deeply for a few minutes and visualize a positive image from the day. Write down something important from this exercise that you want to remember.
