



# 5 Things Gratitude Tool



*Struggles to*  
**TRIUMPHS**  
Health & Wellness Coaching LLC

Gratitude is so healing! Simply being mindful of our thoughts throughout the day focusing on cultivating greater feelings of gratitude is an easy way to feel better and improve our health. Simply recognizing and expressing gratitude is linked to reduced stress levels and blood pressure, better sleep quality, stronger immune systems, and increased feelings of joy, happiness, forgiveness, and compassion.

*“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

## Using the "5 Things" Gratitude Tool:

Use this simple tool anytime, anywhere at any age... try it as a family activity, on a work break, before bed... AND whenever you are having a rough day!

1. Print this page to fill it out or use your hand to reflect on what you are grateful for today. Children can also trace their hand on a blank sheet of paper.
2. Think of **5** things you are genuinely thankful or grateful for: count them on your fingers or write them on the hand below.
3. In the center of your hand, think or write how you expressed your gratitude to others.
4. How will you incorporate gratitude into your life? Your children's life? Your relationships?

