

## Gratitude Exercise

For at least one week, practice the five steps below:

1. Write 3 new things you are grateful for each day in your eJournal
2. Describe a positive experience you had over the past 24 hours, in your eJournal
3. Exercise for 10 minutes a day (could be walking to and from the office)
4. Sit quietly focusing on your breath going in and out for 2 minutes, or meditate
5. Write one, quick note or email the first thing in the morning, thanking or praising a coworker or someone you work with.

### Reference:

1. Achor, S. (2010) The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance at Work. Crown Business.
2. Achor, S. (2011) The Happiness Dividend Harvard Business Review. <http://blogs.hbr.org/2011/06/the-happiness-dividend/> . Retrieved October 29, 2014
3. Anchor, S. (2011) The happy secret to better work TED Talk, Bloomington
4. [https://www.ted.com/talks/shawn\\_achor\\_the\\_happy\\_secret\\_to\\_better\\_work?embed=true](https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work?embed=true)