



## Three Blessings

It's been found that gratitude is one of the character traits most closely associated with happiness, and this simple exercise has been found to boost happiness levels as long as you continue to practice it regularly, and with mindfulness. When you start to count your blessings, and to include the reasons why these blessings occurred in your life, you will discover that much of what we are grateful for is due to the energy and effort we put into cultivating and stimulating positive, rewarding relationships and events in our lives. The opposite is true, as well. The old Biblical proverb, "You reap what you sow," is as applicable today as it ever was when it comes to creating more joy in our lives!

Try this exercise every night, either in written form or as a mental exercise. Ask yourself what three things happened in your day for which you feel blessed and grateful. Add why they happened to you, and specifically to you.

Do this faithfully, and you'll discover a shift in the way you go through your day, and the things that you choose to notice and amplify. Strive to come up with as many as possible if three is too few!

### 1. MY BLESSING

Why it happened to me

### 2. MY BLESSING

Why it happened to me

### 3. MY BLESSING

Why it happened to me.