

# Choosing gratitude // a daily practice

Keep a notebook and a pen or pencil at your bedside, or somewhere you'll habitually notice it. Each day, within two hours of bedtime, write down answers to these questions:

- 1. What are three things that went well today?*
- 2. What was my role in helping to bring them about?*
- 3. What is one attainable goal I can achieve tomorrow?*
- 4. What is one minor stress I'm feeling, and how can I reframe it?*
- 5. What's one thing I can do to show kindness to someone else?*

*For more on the neurological benefits of practicing gratitude, see [this](#) article. And to hear how Laura got introduced to this practice through her friend, check out season one, episode 43, "[Help](#)."*

Laura Joyce Davis

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