



THE GLAD RECIPE

PREP TIME: 1 MINUTE

TOTAL TIME: 5 MINUTES

NOTES

MAKE THE GLAD RECIPE A PART OF YOUR NIGHTLY ROUTINE. TAKE 5 MINUTES AT THE END OF EACH DAY TO REFLECT AND PROMOTE A POSITIVE MOOD

PROCEDURE:

STEP 1: WRITE DOWN ONE THING THAT YOU ARE GRATEFUL FOR IN YOUR DAY. THIS CAN BE BIG OR SMALL JUST MAKE IT SPECIFIC!

STEP 2: WRITE DOWN SOMETHING NEW YOU LEARNED TODAY. IT CAN BE A TASK, A FACT, OR INFORMATION ABOUT SOMEONE.

STEP 3: MAKE A NOTE ABOUT SOMETHING YOU ACCOMPLISHED OR ACHIEVED TODAY. IT COULD BE GETTING OUT OF BED ON TIME OR RUNNING A RACE. IT'S UP TO YOU!

STEP 4: DOCUMENT A MOMENT THAT BROUGHT YOU DELIGHT OR JOY, OR JUST MADE YOU FEEL GOOD. IF IT MADE YOU SMILE OR LAUGH, WRITE IT DOWN!

BROUGHT TO YOU BY: **VIVA WELLNESS**

