



LAWYERS
ASSISTANCE
PROGRAM

Practice Gratitude

The mind is its own place, and in itself can make a Heaven out of Hell, a Hell out of Heaven¹

- How we think is more important than our objective circumstances. We have the power to transform the way we think about and experience our lives.
- Gratitude can be defined as a felt sense of wonder, thankfulness and appreciation for the way your life is today.
- Gratitude is the antidote to negativity – you can't be depressed and grateful at the same time.
- Your life situation will always be complicated – if all your problems were solved today, a new set with arise within no time – trying to solve them in order to be happy puts the locus of control outside of yourself. Be grateful for what you do have!

Take a moment and write 5 things that you are thankful for in your career today:

1. _____
2. _____
3. _____
4. _____
5. _____

- Research shows that doing this exercise once a week for 10 weeks will significantly increase your health and happiness! How easy is that 😊
- It is also beneficial to express gratitude to someone else directly. When you leave here, call someone and thank them for something that they did (big or small) that made your day/life happier, brighter, better, easier or more comfortable.

¹ "Paradise Lost", John Milton