

## Joy Practice

### Gratitude Practice

Joy Practices from the Book of Joy, conversations between the Dalai Lama and Archbishop Desmond Tutu

Gratitude is an extremely important part of joy because it allows us to savor life and to recognize that most of our good fortune in life comes from others. The gratitude practice here is meant to be one you can do daily, to help you appreciate large and small blessings. This practice can also be done at the end of the day, when reflecting on whether you fulfilled the intention you set in the morning. You can also do this practice together with the spouse or friend.

Close your eyes and recall three things from your day for which you are grateful. They can be anything from the kindness and generosity of a friend, to the bounty of a meal, to the warmth of the sun, to the beauty of a night sky. Try to be specific as you can be in recalling what you are grateful for.

Write these three things down in a journal. While you can do this exercise in your head, keeping a list of what you are grateful for has been shown to have many physical and emotional benefits over time. Each time you journal, try to write down three different things. Variation is the key to effective gratitude journaling.