

Resurrection Calendar Daily Gratitude Practice

You will need:

- A bunch of post-it notes, which you keep beside your bed.
- A public place to post them – like the bathroom door, or the fridge door.
- A reminder on your phone, set just before bedtime.

Every night from now until the end of this calendar (or beyond) take **three post-it notes** and write a word on each which describes something from the day for which you are grateful.

Stick them somewhere public so that every time you pass that place you will be reminded of the many good things in your life.

If you live in a house with others, invite them to join you in this practice.

Repeat each night!