

# THE G.L.A.D. TECHNIQUE

## Practice Positivity Daily

**G** **GRATEFUL** - One thing you are thankful for that is relevant to what your experience today (no matter how small).

**L** **LEARNED** - One fact, skill, or something you discovered about yourself or a friend.

**A** **ACCOMPLISHMENT** - One accomplishment, anything from something incredibly small to wonderfully grand.

**D** **DELIGHT** - One thing that touched your heart today. Anything that brought you joy or was pleasing to your senses.