

GRATITUDE

According to the world's leading gratitude researcher Robert Emmons, gratitude is an "affirmation of goodness where we affirm that there are good things in the world."

Applying the GLAD Technique is very simple. All we need is a journal (a notebook or a text file work too) in which you can record one thing:

 GLAD technique 

Date:

G: One Gratitude that you have.

L: One thing you learned today.

A: One accomplishment you did today.

D: One thing that delighted you today.

Examples

GLAD technique

Gratitude: Something that you are thankful for- major or minor.

Learned: Something you recognized, or figured out.

Accomplished: Something you feel is meaningful, even self-care.

Delighted: Something that made you smile, laugh, or feel joy.

The GLAD Technique
Altman (2014)