

## **EXERCISE: The Blessings Diary**

Periodically throughout the day, stop to consider whether some act of kindness has been extended towards you. It could be something significant or trivial, like a person letting you take a parking space rather than grabbing it for herself. In the second column of the blessings diary, make note of these acts of kindness or of complimentary comments that others have made. As well, take some time at the end of the day to con-

sider your life more generally. As you think about your life in comparison to others, and what you are thankful for – such as good health, loving relationships, meaningful work, strong family ties, a faith community, freedom, and the list could go on – write these blessings in the third column. Over time, you can expand on this diary of blessings. If you need more space, you can visit [www.overcoming.co.uk](http://www.overcoming.co.uk) to download other copies of the blessings diary.

<b>Date</b>	<b>Acts of Kindness or Complimentary Comments from Others</b>	<b>Blessings in My Life</b>