

THIS STRATEGY CAN BOOST OUR APPRECIATION FOR THE THINGS IN OUR LIFE THAT WE TAKE FOR GRANTED! TO BE MINDFUL OF THE GOOD, TAKE A MOMENT TO BE CURIOUS ABOUT WHAT LIFE COULD LOOK LIKE WITHOUT THAT GOOD THING.

**1. Think about something good in your life.
Write it down or share it with someone.**

**2. Imagine what life would be like if that good thing was subtracted or no longer in your life.
Visualize it. How does it make you feel?**

3. Ask yourself how life would be different? Say outloud or write down the emotions it makes you feel to think of that being gone.

4. Come to back to the present moment, where the good thing you are thinking about is still in your life. How do you feel about it now? Do you appreciate it more?

GRATITUDE

MENTAL SUBTRACTION

Successful Families Successful Kids

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