



Excerpted from *Presence-Based Coaching*  
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## Practice 8.5: Two Simple Gratitude Practices

A simple gratitude practice is to keep a journal next to your bed. Before going to bed, touch your heart. Then take a few minutes to write down three things that happened that day that you are genuinely grateful for. Do this over a period of time. This isn't just about recording data; take the time to really feel your gratitude for these things.

Another practice is to remember the vital few people who have profoundly influenced you in your life. These are the people without whom you would not be the person you are: grandparents or parents, teachers, bosses, a spouse, a child, or some iconic person you've never even met. Consider these people, speak their names aloud, and experience your gratitude that they lived their lives in a way that contributed to your having the life you have. Again, touch your heart before and during the experience.