



# Gratitude Tuesday



## What Am I Grateful For?

Practicing gratitude can have many benefits – improving your physical and mental health, enhancing empathy, improving your sleep and helping your self-esteem. But it takes practice.

Whether you are first starting the act of practicing gratitude or are trying to get restarted, it can be daunting and overwhelming getting started. Gratitude prompts are a great way to kick-start your gratitude practice. This simple exercise has one instruction – just fill in the blank!

Try some of these prompts to help you identify all of the things you are grateful for:

- I'm grateful for three things I hear:
- I'm grateful for three things I see:
- I'm grateful for three things I smell:
- I'm grateful for three things I touch/feel:
- I'm grateful for these three things I taste:
- I'm grateful for these three blue things:
- I'm grateful for these three animals/birds:
- I'm grateful for these three friends:
- I'm grateful for these three teachers:
- I'm grateful for these three family members:
- I'm grateful for these three things in my home:
- I'm grateful for these three people who hired me:

[To find even more gratitude prompts, click here.](#)

## NAMI Vermont Minute:

Today, NAMI Vermont is grateful for our dedicated volunteers who bring their energy, passion and vision to our committees and our Board of Directors. Each year, these people help form our advocacy priorities, plan our events and fundraisers, apply for grants, oversee finances, and help NAMI Vermont continue to provide services to all Vermonters. If you are interested in joining a committee or learning more about becoming a member of the Board of Directors, please visit our [NAMI Vermont Website](#) or email [info@namivt.org](mailto:info@namivt.org).