

## Gratitude eCoaching Assignment

Gratitude is a trademark of the gracious and the gifted. It is an elemental practice that makes us more attractive to others, to those things we desire, to ourselves. This week, implement a simple gratitude practice. Before your feet hit the ground in the morning, run through a list of things you are grateful for. Carry a gratitude stone or some other icon in your pocket. When you touch it during the day, pause and say “thank you” for one thing in your view. Send an email or post a note, 2-3 times this week to someone who has graced your life. Simply practice gratitude, and at this week’s end, report in on how you have added a positive influence on your life.