**The G.L.A.D Technique**

*This acronym is a technique for finding joy and balance in the life you have now. It forces you to be observant through a positive perspective.*

***“G” is for GRATITUDE****:*

*Find one thing you’re thankful for today…*

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***“L” is for LEARN:***

*Find one thing you LEARNED today…*

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***“A” is for ACCPMPLISHMENT:***

*Find one ACCOMPLISHMENT you did today…*

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***“D” is for DELIGHT:***

*Find one thing of DELIGHT that touched you today…*

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