

# G.L.A.D.

For help:  
Podcast: GLAD for  
happiness  
@luminositywithlaura

## Grateful, Learned, Accomplishment, Delight

adapted from *The Mindfulness Toolbox*

Write down three things  
you were *grateful* for  
today:

1.

2.

3.

Write down one thing  
you *learned* about  
yourself, someone else  
or the world today.

1.



# LUMINOSITY

WITH LAURA

Write down one thing  
you *accomplished* today:

1.

Write down one thing  
you will *accomplish*  
tomorrow:

1.

Write down one thing  
that *delighted* you today:

1.

Write down one way you  
will *delight* someone  
tomorrow:

1.