Step 1  Read the Poem “Three Gratitudes” by Carrie Newcomer
It is included in this packet.

Step 2  Think about your day
Recall all the significant, insignificant, extraordinary, ordinary stuff of your life.
What all happened today? What was good? What was not so good?
Where did you feel God’s presence today?

Step 3  Write down three things you are grateful for from today.
These can be big things, small things, or anything in between.
Some days this will easy. You might have a dozen things that immediately come to mind.
Some days this will difficult. You might struggle to come up with three things.
Keep at it and be as specific as you can with your gratitudes.

Step 4  Do it again tomorrow
Part of developing a spiritual practice is keeping at it. It gets easier. It becomes a part of the rhythm of your day.
Every night before I go to sleep
I say out loud
Three things that I'm grateful for,
All the significant, insignificant
Extraordinary, ordinary stuff of my life.

It's a small practice and humble,
And yet, I find I sleep better
Holding what lightens and softens my life
Ever so briefly at the end of the day.

Sunlight, and blueberries,
Good dogs and wool socks,
A fine rain,
A good friend,
Fresh basil and wild phlox,
My father's good health,
My daughter's new job,
The song that always makes me cry,
Always at the same part,
No matter how many times I hear it.

Decent coffee at the airport,
And your quiet breathing,
The stories you told me,
The frost patterns on the windows,
English horns and banjos,
Wood Thrush and June bugs,
The smooth glassy calm of the morning pond,
An old coat,
A new poem,
My library card,
And that my car keeps running
Despite all the miles.

And after three things,
More often than not,
I get on a roll and I just keep on going,
I keep naming and listing,
Until I lie grinning,
Blankets pulled up to my chin,
Awash with wonder
At the sweetness of it all.