

# KATIE MCKENNA

*coaching*

## THREE FIVE ONE

### **Time Required**

20 minutes, once a day. This exercise has the biggest impact when you do it first thing in the morning,

### **How to Do It**

#### **Three Things You're Grateful For:**

- Take out a pen and paper, and take a moment to think about three things that you are grateful for. They don't need to be something huge (the smaller and more specific the better!) and write down "I am grateful for..."
- Taking the time to acknowledge the good in your life, whether its a hot cup of coffee, the feeling of a breeze on your face or a friend that you love - will help you to be more present in your life.
- It has the added benefit of you becoming more acutely aware of the good things in your life, and seeing things to be grateful for as they happen to you day to day.

#### **Five "Yay Me's"**

- On that same paper, write down 5 things that you have done in the last 24 hours that you are proud of. After you write down each action that you are proud of, write down Yay Me!
- The magic in this exercise is in its specificity, and the minuteness of what you have done.
- Seeing, in black and white, what you have accomplished reminds you that you are making progress and creating forward motion in your life, and that you have a lot to be proud of.
- Adding the "Yay Me!" at the end is a way to really celebrate these tiny victories, and creates motivation for

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you to keep moving forward.

## **One Story You Need to Process**

- Studies show that when we write about hard, sad or challenging experiences in our lives we actually feel better about them over time.
- If there was something challenging that happened in the last day, week, month, year or even decades ago that you need to process - take some time to write about it. It'll clear your mind and make you feel better!