

INSTALL. FORGIVE. APPRECIATE. THANK. (I.F.A.T)

A NIGHTLY GRATITUDE PRACTICE



INSTALL

Take time throughout the day to notice rich colors, scents and the marvel of life happening all around you



FORGIVE

We are all imperfect creatures. And the ability to show grace is one of our best assets. Start with something small.



APPRECIATE

Tell your partner, or *yourself*, something you noticed and really cherish about them. Even noticing small things can be really impactful



THANK

Think of everything that surrounds you on a daily basis, yet often gets taken for granted - access to clean water, your home, your health, your car, your friends. This list can become quite long as your awareness grows

