

HANDOUT: THE G.L.A.D. TECHNIQUE

Instructions:

G.L.A.D. is an acronym for ways of finding joy and balance. It works by paying attention to certain positive aspects of life that are around you all the time, but which frequently go unnoticed. Sound easy? It is!

To begin, look over each of the letters to get familiar with what each stands for. Then, use the guidelines below for starting your own G.L.A.D. practice.

G—One **Gratitude** that you're thankful for today

- This can represent the most *basic gratitude*, such as having food and water, sunlight, a body that works well enough, a roof over your head, etc.
- Your gratitude might also be about appreciating those truly significant things in your life—such as a devoted relationship, meaningful work, a caring community of friends, and robust health that allows you to experience life to the fullest, etc.

L—One new thing you **Learned** today

- This can be something you learned about yourself today, such as noticing an insight or wisdom that you possess.
- It could mean having an open attitude so that you can discover something new and interesting about another person (even someone you have known for a long, long time).
- This might just have to do with learning a new fact or gaining a new perspective on something—and that might make you happy because it is fun to be curious and to learn.

A—One small **Accomplishment** you did today

- Often, we mistakenly believe that an accomplishment has to be something super-sized. In truth, an accomplishment can be that ordinary act of self-care that you did for yourself or another. Examples might be:
 - Getting enough sleep.
 - Not skipping meals and getting enough nourishment.
 - Getting dressed in the morning (highly underrated!).
 - Doing anything that moves you (even slightly) toward reaching a long-term goal.

D—One thing of **Delight** that touched you today

- Consider anything that makes you laugh, smile, or brings you joy.
- This can be a thing of beauty that you notice during the day.
 - Examples could be hearing a bird chirp, seeing a colorful flower, laughing at a funny joke, tasting food, returning a smile, noticing the pleasant sensation of water on your hands while washing the dishes, etc.

G.L.A.D. Practice Guidelines:

Use a journal, mobile device, or an index card to keep track of those G.L.A.D. items that you notice. To really get in the practice, try to do this each day for the next week. If possible, try to notice an entirely new and unique gratitude, learning, accomplishment, and delight for each day.

While you can do this daily, you can also do a G.L.A.D. practice on a weekly basis. The important thing is that you write these down and keep them to look at in the future. One idea is to keep your G.L.A.D. items on an index card or some other portable device so that you can write these down the moment you notice them.

At the end of the week, look over your G.L.A.D. writings and answer the following questions:

Reflections: Congratulations on following through on your G.L.A.D. practice! What was it like to focus your attention in this way? How did it make you feel to start noticing these aspects of daily life?

Name one small way in which this practice benefitted you or someone in your life?

How could you share your G.L.A.D. ideas with others? What is the most effective method (daily, weekly) for you to continue using the G.L.A.D. Technique?
