

# a gratitude EXERCISE

What you will need:

1. A writing utensil
2. A comfy place to sit

What has been the best part of your day so far?

What is something you are looking forward to?

Think of a person who seems happy. What do you notice?

Write about – or draw a picture of – a favorite memory.

Snap a photo of your responses and email it to [editor@gonzaga.edu](mailto:editor@gonzaga.edu) for a chance to win some Zag swag (and maybe have your submission included in the next magazine!).

Download a PDF of this gratitude exercise at [gonzaga.edu/magazine](http://gonzaga.edu/magazine).