

Finding Joy and Balance in Your Life:

The G.L.A.D. Technique

The G.L.A.D. Technique was developed by Donald Altman as a particularly useful approach to developing a positive attitude towards life (see *The Mindfulness Tool Box*, New Harbinger Publications). It is designed to help people pay attention to positive things that are around them all of the time, but that frequently go unnoticed.

While some people may want to fill in the G.L.A.D. worksheet throughout the day, it is most practical to fill it out at the end of the day. Make copies of this worksheet so that you can practice the technique every day, for at least three weeks. After three weeks, your “positive mindfulness” will become a habit. After three weeks, you might want to use the worksheet just once a week, but you should still do it on a regular schedule (for example every Sunday night). Developing “positive mindfulness” is particularly important for people who are stressed and depressed, but it should also be considered a resiliency tool which can help you find daily happiness in your life.

Keep your worksheets together and look at them from time to time. You may also want to share the positive experiences you write down on your worksheet with others. Sharing your positive thoughts and feelings makes them even more important.

Learning to be G.L.A.D.

Today's Date _____

G- Something you were grateful for today.

Think of something very basic you are grateful for. It could be something as simple as the sunlight or the nourishing food you eat. Write it below.

Now think of something truly important in your life like a meaningful relationship, kids, friends, or your health. Write it below.

L-Something you learned today.

Write down something positive you learned about yourself today. It might be something you already knew, but it came into focus today.

Write down something you learned about another person today. Again, it might be something you were already aware of, but you were more aware of this quality today.

Write down a fact you learned today that made you curious or more aware of the world around you.

Write down how something you learned today which changed your perspective of yourself or the world around you in a positive way.

A-One small accomplishment you did today.

Many people feel that accomplishments have to be a big important tasks, but it's the little things that make a difference in your life. Perhaps you are working on a goal like exercising more or eating healthier or finding a new job. Small steps towards your goal are important accomplishments.

Write down something you accomplished today.

D-Something that brought you delight today.

What made you laugh or smile?

What small thing of beauty did you see today?

What did you hear today that lifted your spirits? A song? A child's voice? A joke?

Now close your eyes and think of your day and what you wrote. Breathe deeply for a few minutes and visual a positive image from the day. Write down something important from this exercise that you want to remember.
