

Vibha

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Here is a gift of five simple activities to integrate gratitude in your daily life and enhance your wellbeing and happiness. To make gratitude an intentional practice, I recommend you to follow three Ps – PAUSE, PAY ATTENTION and PRAISE and do simple activities as given below -:

- 1) Food – Pause and look at your platter. Think of people involved in food supply chain. Feel grateful towards them and then start eating.
- 2) Eyes – Pause and pay attention to your eyes that let you see all the beauty around. Feel grateful towards them
- 3) Water – as you hold a water bottle/glass in your hand, look at the water in it and then take a sip. As you sip water, think of all the workers who put the pipelines in order for water to reach your home. Feel grateful towards them.
- 4) Phone – as you hold your phone to make a call, pause and think of its benefits. Feel grateful towards the person who gifted it or the source of money helped you buy it.
- 5) Plant – as you take a walk, pause near a plant/tree. Think of all the benefits and beauty it adds. Feel grateful towards it.

Please check about my unique [Gratitude Joyshop](#). Till Febraury'24, I have offered 263 Gratitude Joyshops to audience in India and 14 other countries.

In appreciation of all that is,

With blessings from Vibha.

ॐ सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः,सर्वे
भद्राणि पश्यन्तु मा कश्चिद् दुःख भाग्भवेत्।
ॐ शांतिः शांतिः शांतिः

Om, May All become Happy,
May All be Healthy,
May All See what is Auspicious,
May no one Suffer in any way.

[Link to Vibha's book](#)

[Vibha's Gratitude talk](#)