

The Appreciation Project

5 x 5 MULTIPLYING THE BREAD: a practice to sharpen our perception with regard to the beautiful things in our everyday lives

Context: This practice opens our eyes to the beauty and value of the simple things of everyday life.

In which situations can you make use of it: It can be practiced in times of hopelessness or when one feels discouraged, dissatisfied with one's routine or are dealing with complicated issues and situations that require a lot of energy. It helps us express gratitude for the bright and simple things that happen in our lives.

How long should the practice last: You will need 5 minutes of silence and 5 minutes of writing. Practice for 5 days.

Instructions: You will need a notebook and a pen. If you prefer, you can type, but look for a moment of silence. Look for a quiet place, remove yourself from all distractions and sit in a comfortable position (if you prefer, close your eyes). Reconnect with your day and focus on naming 5 beautiful things that happened throughout the day, then write down 5 things / people you are grateful for in this day.

Examples: The moment someone gave you a place in the supermarket line, the delicious food you ate at lunch, the hug you received from your co-worker, that interesting article you read that brought you a new perspective.

Self-observation: Notice how you feel after practice. How do you finish your day? What emotions take life in your body when you remember your day? During which days is it the hardest to connect with moments you could feel grateful for? Why?

Journaling: What do the things you appreciated reveal about yourself and about your way of seeing the world? After 5 days of practice, do you notice any difference in your routine? Have you developed or enhanced any skills?

Emotional Practice

Cognitive Practice

