

# Use This Daily Ritual to Boost Your Child's Gratitude and Positivity

Incorporating a simple daily ritual can make a significant difference in your child's mindset and overall well-being. Try our GLAD ritual to help your child focus on the positive aspects of their day:

## Gratitude:

Ask your child to share one thing they are grateful for each day. This could be something small, like a kind gesture from a friend or a favorite meal.



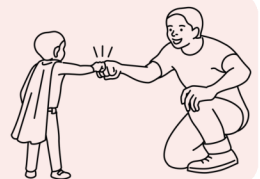
## Learning:

Encourage your child to identify one thing they learned today. It could be a fact from school, a new skill, or an important life lesson.



## Accomplishments:

Have your child recognize one thing they accomplished during the day, no matter how small.



## Delight:

Ask your child to recall one moment that delighted them, such as a funny joke, a beautiful sunset, or a playful interaction.



## With this ritual you will...

- wire your brain for gratitude and positivity
- focus on what's going right
- find more joy by paying attention to the life around you in a more positive and self-aware way.

Integrating this GLAD ritual into your child's bedtime routine nurtures a habit of gratitude and positivity. Over time, this practice will help your child naturally gravitate toward what's going right in their life, fostering a more joyful and resilient mindset.

GrowthMinded a new membership by Big Life Journal, an award-winning company that is trusted by over 1 million parents, educators, and therapists worldwide.

## What's Inside

Science-based **parenting tools and top resources** tailored for ages 5 through teen

### Masterclasses and Workshops

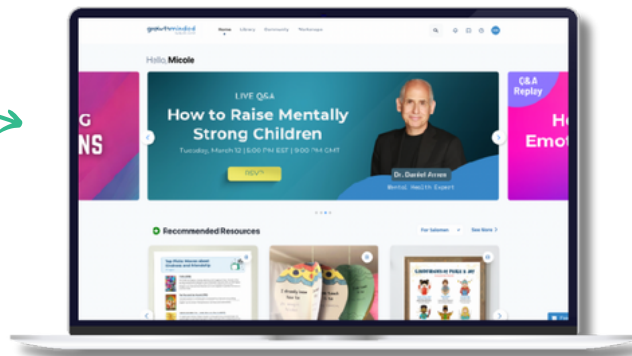
Learn from the **top experts** in parenting and child development.

### Community Support

Ask our **parenting experts** a question and get advice from **like-minded** parents.

### Resources for Children

Explore activities, posters, and crafts **tailored for each age group.**



### Expert Q&As

Get valuable **advice** from renowned experts on your most pressing questions.

### Essential Tools for Parents

Get **fast results** with 2-minute parenting tips, talking scripts, and one-page guides.

### WhatsApp Channel

Find **motivation** for you and your child with our how-to videos of GrowthMinded activities.



“GrowthMinded is my one-stop shop for all things parenting! I'm always learning something. I appreciate how I can search for specific resources by topic and age. This is important to me. As a homeschool parent, I absolutely recommend GrowthMinded.”

-Sarah N.

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With gratitude,  
Big Life Journal team