

by
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30
ways
to use

Gleding™

Self-gleding

1. Write a list of everything that makes you happy, and pick at least one thing from this list to do every day.



2. Write down three things you like about yourself.

3. Listen to your favourite song and dance.

4. Write a gratitude letter to someone who has made your life a bit better, post it or deliver it directly to the person.

5. Do something every day that's good for your body.

6. Make someone else happy.

7. Take five minutes to breathe and be mindful.

8. Learn something new every day.



9. Pay attention to your beliefs - what are your *principles*, your patterns of how things *must* be? This exercise creates self awareness, which is fundamental to reinforce empathy and interpersonal skills.

Gleding at work



1. Start your day by sending a positive e-mail or post-it note.

2. Share wins with your team.



3. When someone brings in new ideas or good news, celebrate with them!

4. Use verbal communication more often - call or talk face to face.

5. Say thank you more often, and be specific about what it is you appreciated.

6. Dare to share failures or current challenges you are facing. Ask others for help.



7. Say out loud the good things you think of others.

8. Ask your colleagues “what makes you feel important at work” - listen to the answer and look for opportunities to give specific recognition.

9. Remember to mention the people who have helped you achieve good results.

CONVERSATION STARTERS FOR FAMILIES

Gleding at home

1. What's been the best part of your day?
2. Who did you help today?
3. How is it going with the new boy/girl in class?
4. What makes you happy?
5. What are you looking forward to?
6. What does a good friend do?
7. Tell me about a time you were surprised in a good way
8. What are we grateful for right now?
9. When do you feel appreciated?
10. What made you laugh today?
11. When do you feel proud?
12. How can we make each other happy at home?