



## Daily Delights for CASIGYs™: The 5Gs

**Daily Delights are daily practices that increase CASIGYs' chances of having a delightful day.**

The 5Gs call for a very brief listing of what comes to mind in five different categories. For mine, I like to use a tiny notebook, just 4 x 6 inches, one page a day. The tiny size helps distill things down to the essentials and also makes it doable. After you experiment with the 5Gs, you will likely discover how you like to approach this for yourself. You may also find your practice evolving over time, as has mine. Here's my outline:

1. **Gripes:** list them in just a few words, unedited as they show up in your mind.
2. **Grits:** List the situations where you have shown grit, strength or tenacity
3. **Grins, giggles or guffaws:** What is humorous or ironic in your life?
4. **Grats:** Now you're ready to revisit Gratitudes. Even if all you have to be thankful for is the fact that you woke up, the sun came up this morning, or the earth is still spinning on its axis, then write those things down. Before long, you'll be connecting with other "grats" and listing them, too.
5. **Goals:** What are the most important coming developments that you are 'holding space for' in your life? Limiting this to 5 helps to narrow your focus to the bare essentials, to what's nearest and dearest to your heart and critical to your whole life.

Here's "The 5Gs". You can see my (incomplete) sample in this photo:

### Daily Delights for CASIGYs™ — The 5G's

1. **Gripes**
  1. Gripe 1
  2. Gripe 2
  3. Gripe 3
  4. Gripe 4
2. **Grits**
  1. Grit 1
  2. Grit 2
  3. Grit 3
  4. Grit 4
3. **Grins & Giggles**
  1. G/G 1
  2. G/G 2
  3. G/G 3
4. **Grats**
  1. Gratitude 1
  2. Gratitude 2
  3. Gratitude 3
  4. Gratitude 4
  5. Gratitude 5
  6. Gratitude 6
  7. Gratitude 7
5. **Goals**
  1. Goal 1
  2. Goal 2
  3. Goal 3
  4. Goal 4
  5. Goal 5

