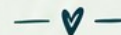




GLAD *Notice the Good*

A SIMPLE PRACTICE FOR MORE BALANCE,
JOY AND WELL-BEING

Small
moments
make a big
difference.



Menopause can bring many changes — both physical and emotional. It's easy to get caught up in what's challenging. The GLAD technique helps you shift your focus toward the positive, so you can notice the good, build resilience and feel more balanced.

GLAD stands for Gratitude, Learned, Accomplishment and Delight.

It's a simple way to find joy and balance by paying attention to the positive aspects of your life — the things that are often overlooked.

Set aside a few minutes at the end of your day — or whenever you need a reset.

You can write your answers in a journal, on this sheet, or simply reflect on them in your mind.



Gratitude

What is one thing you're thankful for today?

It can be something big or something simple.

Maybe you're grateful for:

- Your health and strength
- Support from family and friends
- A warm meal or a cup of tea
- Sunshine, fresh air or a peaceful moment
- A roof over your head
- Something you often take for granted



Today I'm grateful for:



Learned

What is one thing you learned today?

Learning isn't just about facts. It can be something about yourself, another person, or the world around you.

Maybe you:

- Learned something new about yourself
- Gained a new perspective
- Noticed something you hadn't before
- Learned from a conversation or experience
- Discovered a new fact or insight



Today I learned:



Accomplishment

What is one thing you accomplished today?

An accomplishment doesn't have to be big!

Small things count.

It could be:

- Taking care of your body (sleep, healthy food, movement)
- Getting something done around the house or at work
- Making a phone call or an appointment
- Setting a boundary
- Taking a step toward a goal
- Doing something kind for yourself



Today I accomplished:



Delight

What brought you a little joy today?

Look for something that made you smile, laugh, feel good, or pause and appreciate the moment.

It might be:

- A beautiful sunset or a walk in nature
- A good meal or a favourite song
- A kind word or a smile
- A laugh with someone you care about
- A small, everyday pleasure (a warm drink, soft breeze, a cozy moment)



Today I noticed and enjoyed:



My GLAD Moment

Take a moment to look back at your four answers.

What stands out to you?

Remember:

You don't have to search for something extraordinary.

GLAD is about noticing the positive moments that are already part of your day.

A little gratitude.

A little learning.

A small accomplishment.

A moment of delight.

