PEPPER TIME 8: NIGHTLY GRATITUDE

Timing: 3 minutes each night, right before sleep.

What you'll need: A journal or notes app; optionally, a partner to share with.

What this is about: Each time you recall a specific good moment, you teach your brain's value-tagging system to prioritize more of it tomorrow. This shifts you from survival bias (spotting threats) to aliveness bias (spotting what fuels you).

How to do it:

- Name 3 specifics from your day—make them concrete and sensory:

"Sun on my face walking to the train."
"My kid's laugh when the pasta slipped."
"Colleague's text: You nailed that slide."

- Skip the generic. "Family/health" is too vague. Specifics wire faster.
- Say them out loud—to yourself, or to someone you love.
- See them in your heart. Close your eyes, replay them like a movie, and feel your chest expand.

What to expect: A small mood lift at night, easier sleep onset, quicker recovery from negativity spirals, and more generosity with others over time.