

Gratitude Exercise: The Can of Heinz Beans

Date / Time

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None of the Above

The following gratitude exercise has been invented by Seph Fontane Pennock. For this exercise you're going to need:

1. A can of white beans
2. A can opener
3. A spoon

You buy a can of white beans – or any other beans for that matter – and you eat it for dinner without eating anything else that night. Just the beans.

There's no warming them up or poring the beans into a nice cup. That's considered cheating and it beats the purpose of the exercise. You simply grab a spoon, open up the can, imagine you're sitting around the campfire at the foot of the Sierra Madra and dig in.

What is the purpose of the exercise?

The purpose of this gratitude exercise is to realize and appreciate how well off you are. Appreciation. It can make you realize that every day, you are able to eat all sorts of foods, flown or shipped in from all over the world for you to eat. It is quite extraordinary if you think about it, but we in the Western World (and beyond) have started taking this for granted.

During this exercise, what you will noticed is that you automatically started to compare the beans that you're eating with your regular meals. This allows you to take a moment and appreciate the foods you devour on a daily basis without even noticing how they got in your mouth, what it took for them to get there or even what they taste like.

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The benefits:

Performing this gratitude exercise once a week:

1. Makes you a more **mindful eater**.
2. Makes you **appreciate** what you have in life, or at least, what you eat.
3. Makes you realize that we don't need so much in order to satisfy our **basic human needs**.
4. Allows you to actually enjoy the ritual and experience **positive emotions** while your eating beans that tend to last throughout the whole evening.

The most powerful thing about this gratitude exercise is its **simplicity**. Performing this exercise is actually easier than its alternative, which means cooking up a whole meal [and ending up with the dishes].

What about your spouse and kids?

In case you are living with someone or if you have kids, you're going to have more of a challenge in performing this exercise.

You can either explain the exercise to them and invite them to join you if they wish [it's important that they decide to do so themselves], or do the exercise on one of those evenings that you don't get to eat together with your family or spouse.

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