

MAXIMIZING OUR ACTIONS



Four Ways to Practice Gratitude

Gratitude is powerful. It can destroy fear and worry. It promotes happiness. Practicing gratitude has been shown to rewire the brain with a more positive, consistent mindset, leading to improved physical and mental health. Amazingly, adopting an attitude of gratitude has the potential to completely transform your life. Learning the art of gratitude, however, can take practice. Choosing to be grateful is an intentional decision, and it may take some time to get used to it.



Here are four ways to express and receive gratitude and help establish it as a habit in your life.

1

Don't focus on what you don't have.

Gratitude will never come from your next purchase or accomplishment. Focus on what's inside and available to you now. Gratitude comes from the heart and is all about appreciating the good in life including things, experiences, and people.

2

Make a list.

Spend time each day writing down what you're grateful for. Everyone has something to be thankful for. Gratitude doesn't have to be reserved for the "big" things. The habit of being grateful starts with recognizing our blessings and writing them down can help us develop that skill.

3

Find gratitude in your challenges.

Gratitude isn't only about being thankful for the positive. Thinking about difficult situations can help us identify what we have to be thankful for. Challenges can also be an opportunity for growth and development. Good can always be found.

4

Say thank you.

Start saying thank you to people more often – verbally or in writing. Call your mom, send your friend a thank you card, thank your spouse with a hug. Saying thank you makes both the giver and receiver feel good. This is a great way to bring in the social connectedness element of gratitude.

The Benefits of Gratitude

To yourself...	Less stress and more happiness Better physical and mental health Improved self-esteem
To your work...	Better performance Higher tolerance to stress Higher job satisfaction
And relationships...	Stronger bonds and connection Greater generosity



Gratitude Journal Prompts

- Someone whose company I enjoy is...
- The best part about today was...
- Something I can be proud of is...
- An unexpected good thing that happened was...
- I am excited for the future because...
- Someone I admire is...
- An act of kindness I witnessed was...
- A fun experience I had was...

Sources forbes.com/sites/amymorin/2014/11/23/7-scientificallly-proven-benefits-of-gratitude-that-will-motivate-you-to-give-thanks-year-round/?sh=18afde10183c
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