

10 Tips for Practicing Gratitude

1. Say Thank You

Easiest way to start. Thank your grocery checker. Thank your children, parents, aunt, friend. Thank them for everything and anything. Mean it.

2. Accept Thank You's

When someone says 'thank you' - a simple 'you're welcome' is gratitude multiplied :)

3. Take a moment to reach out.

Send a thank you note, letter or text. Everyone likes to be appreciated. And it's never too late. A day, month, year or decade later - doesn't matter

4. Keep a journal.

This does not have to be lengthy or complicated. A notebook, a note file on your iphone. Jot down 3 or more things you are grateful for each day.

5. Talk about it.

Gratitude breeds gratitude. Talk with your family and children about things you are grateful for. Ask even small children about their 'best moments' of the day. You might be surprised how much you learn about yourself and your little ones.

6. Remind yourself and others about gratitude.

Pictures, objects, sayings and phrases posted around your home or office are often beautiful to look at, and meaningful ways to remind you to stay present and remain grateful. Sometimes we need little reminders.

7. Be mindful.

Practicing mindfulness keeps us grounded in the present moment. Which allows us to more clearly appreciate and see things to be grateful for (our health, the weather, a smell). If you struggle with being mindful, check out our [tips](#) to help you with that.

8. Have a meal together.

Traditions or opportunities to connect with those nearest and dearest to us not only help us to stay grounded with what is important, but also creates new experiences and memories that we will have to be grateful for.

9. Recognize a force bigger than yourself

Whether you practice a particular religion - or simply take a moment to appreciate how the wind feels against your skin - stopping to reflect upon the beauty of nature or the universe is often enough to give us perspective.

10. Be kind to yourself

If you are not grateful for yourself, for who you are, where you have been, and how far you have come - how are you going to be able to truly recognize and share gratitude with others?