



# Grow Your Gratitude

## What is gratitude?

Gratitude: grat·i·tude

Noun; the quality of being thankful; readiness to show appreciation for and to return kindness.

Gratitude essentially means appreciating the good things in life, no matter the size. Making the practice of gratitude a routine can build happiness, self-esteem, and many other health benefits.

## Gratitude Journal

Every evening, spend a few moments writing down three good things about your day. This isn't limited to major events but specific to your day. You may be grateful for simple things such as talking to a friend, enjoying a favorite meal or overcoming an obstacle.

## Mindfulness Walk

Go for a walk and make a special effort to appreciate and welcome your surroundings. One helpful tip is to focus on each of your senses, one at a time. For example, spend a minute just listening, a minute looking at your surroundings, etc. Try to notice the sights, sounds, smells, and sensations you would usually miss, such as a cool breeze on your skin, or the clouds in the sky.

## Gratitude Letter

Think about someone who you appreciate. This could be a person who has had a major impact on your life, or someone who you would like to thank.

Write a letter that describes why you appreciate them, including specific examples and details. It's up to you if you'd like to share the letter or not.

## Grateful Contemplation

Remove yourself from distractions, especially screens, and spend 5-10 minutes mentally reviewing the good things from your day. The key to this technique is consistency. Think of it like brushing your teeth or exercise—it should be a normal part of daily self-care; it can be practiced as part of prayer, meditation, or on its own.

## Gratitude Conversation

With another person, take turns listing 3 things you were grateful for throughout the day. Spend a moment discussing and contemplating each point, rather than hurrying through the list. Make this part of your routine by practicing before a meal, before bed, or at another regular time.

## Give Thanks

Keep your eyes open throughout the day for reasons to say "thank you." Make an effort to notice when people do good things, whether for others or yourself! Be sure to tell the person you recognize their good deed, and give a genuine "thank you."