



Practice

Gratitude

1. Keep a gratitude journal.
2. If you associate someone with a negative trait, think of a positive trait.
3. Gratitude requires humility. Work on growing in this area.
4. Give at least one compliment daily.
5. When you find yourself in a bad situation ask: What can I learn?
6. Vow to not complain, criticize, or gossip for 10 days.
7. Sound genuinely happy to hear from the people who call you on the phone.
8. Become involved in a cause that is important to you. Donate money or time.
9. When you are given a compliment, smile and say thank you. Feel the gratitude.
10. Keep a daily calendar of gratitude.
11. Celebrate anniversaries and birthdays.
12. Share moments of gratitude at dinnertime.
13. Write a list of grateful moments from challenging times.
14. Say thank you to all the people who help you during the day.
15. When with friends, start sharing positive moments instead of complaining.
16. Take note when people do a good job at work.
17. Pray with your gratitude list.
18. Appreciate the present moment, not worrying about the past or future.
19. Write a letter of gratitude to a coach, mentor, someone who touched you.
20. Post gratitude reminder quotes and images around your house.
21. Call an elderly neighbor and say thank you for their presence in your life.
22. Call your grandparents or grandchildren and tell them you love them.
23. Embrace challenges and turn them into opportunities to grow.
24. Pray for people you dislike.
25. Be thankful when you learn something new.
26. See the growth opportunity in your mistakes.
27. When times are bad, focus on your friends who are at your side.
28. When times are good, notice and help others.
29. Make a gratitude collage.
30. Practice gratitude at the same time everyday to make it a habit.
31. Focus on your God-given gifts.
32. Notice the beauty in nature each day.
33. Nurture the friendships you have.
34. Smile more often.
35. Watch inspiring videos that will remind you of the good in the world.
36. Include an act of kindness in your life each day.
37. Avoid negative media and movies with destructive content.
38. Call instead of text more often.
39. Cook meals with love and pray for the people you will feed.
40. Volunteer for organizations that help others.