



gratitude:

8 Simple ways to have more Gratitude every day:

1. Don't be picky: appreciate everything

Recognizing every good thing in life - nothing is too small to be thankful for.

2. Find gratitude in your challenges

Dealing with negative or difficult situations can help you see what you have to be thankful for.

3. Practice Mindfulness

Rewire our brain to be naturally more grateful. Sit down daily and think about what you are grateful for.

4. Keep a gratitude journal

Write down your positive thoughts and feelings.

5. Volunteer

Helping others helps you.

6. Express yourself

Express our feelings of gratitude to the people you care about.

7. Spend time with loved ones

Great chance to practice your acts of gratitude on people you love.

8. Improve your happiness in other areas of your life

Being grateful can make you happy, but being happy can also make you grateful