Gratitude

good vibes
HAPPINESS SERIES

Gratitude is the expression of appreciation for what one already has, and is the recognition of the role other's play in filling our lives with goodness.

Regular gratitude Practice Can:

- **build relationships**
- **reduce sadness and illness**
- **increase optimism**
- **protect against stress & worry**
- **Help manage Change**
- **improve sleep**
- **boost your grades**

Next time you say 'Thank you', try slowing down and taking an internal account of exactly what it is you are thankful for.

Count your Lucky Stars!

Gratitude

menu of activities

write down 3 things you are thankful for and why each day

send someone a written note, text or message of appreciation

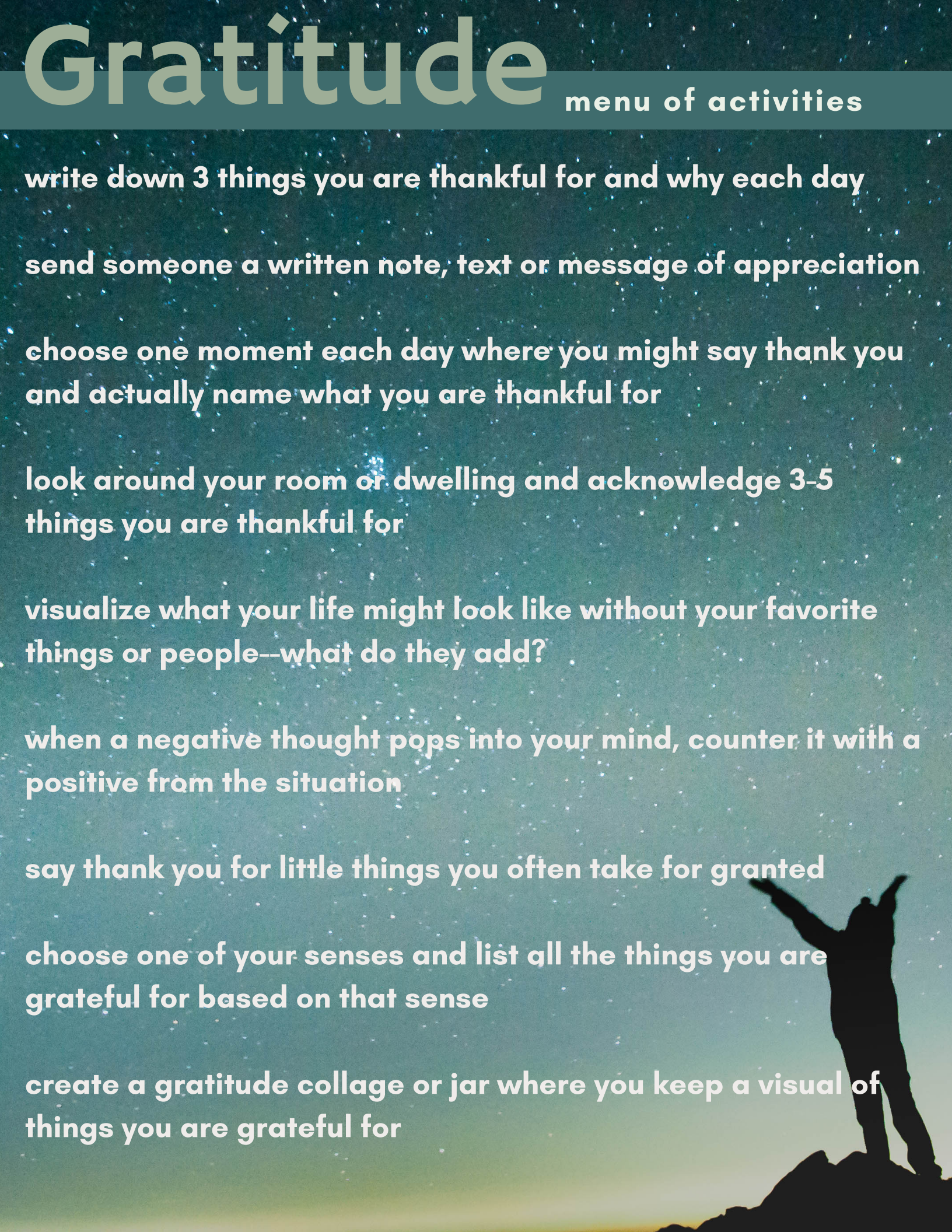
choose one moment each day where you might say thank you and actually name what you are thankful for

look around your room or dwelling and acknowledge 3-5 things you are thankful for

visualize what your life might look like without your favorite things or people--what do they add?

when a negative thought pops into your mind, counter it with a positive from the situation

say thank you for little things you often take for granted

choose one of your senses and list all the things you are grateful for based on that sense

create a gratitude collage or jar where you keep a visual of things you are grateful for