

# 7 Easy Ways to Practice Gratitude and Make it a Habit

## **1 Gratitude journal**

Use a journal (right now I love the 5 minute journal) to write down 3 things that you are grateful for each day. This can be done first thing in the morning to put you into a positive mindset, at night just before bed (or both!), or any other time that suits you. Set a reminder to yourself to cement the habit, or you could use my free habit tracker.

## **2 Express gratitude**

When you feel grateful for someone or for something they have done, let them know! It could be a hand written letter, a phone call, or even just a text. Spread the happiness and positivity!

## **3 Share with a family member or friend at the end of each day**

My husband and I have made a habit of telling each other 3 things we are grateful for when we hop into bed at night. I heard this idea a while ago while listening to The Mindful Kind podcast and loved it.

Another great option is to plan with a friend, or have a private group on your favourite app where you all send 1-3 things you are grateful for that day. It's beautiful to share these things, and be inspired and feel warm and fuzzy from what others share too.

## **4 Gratitude jar**

Write something you are grateful for on a small piece of paper and add it to your jar each day. Pour them out and read them at the end of each week, month or year. You will feel so good that there are so many things in your life to be grateful for.

## **5 Act of kindness**

An act of kindness can really make someone feel appreciated, and of course we all know that giving makes you feel amazing! Some things you could do include: make a yummy (or healthy) treat for someone, send a thank you card, leave an encouraging note where they'll see it, buy a coffee.

## **6 Make family dinner a time for gratitude**

If you are already in the great habit of eating dinner together as a family, that's fantastic! Use this time for each member of the family to share something that they are grateful for from their day, and something that they appreciate about another member of the family. This will have the added benefit of helping everyone feel closer to each other.

## **7 Say thank you often**

Wherever you are and whoever you are with, remember to say thank you! Sometimes we forget to be thankful for the everyday mundane things that we take for granted (eg, the coffee is on downstairs in the morning; a family member taking out the trash).