

# Ways to Improve Gratitude

## Keep a Journal

### **JOURNAL THREE THINGS YOU ARE GRATEFUL FOR DAILY**

Journaling three things daily that you are grateful for is one of the most efficient practices of gratitude. It could be about a person, something outside or a specific thing that someone did.

## Reflect on Good and Bad

### **TRY TO FIND THE POSITIVE IN EVERYTHING**

In life, you will experience good times and bad times but trying to look for even the slightest positive can help you look at it in a different perspective. Also reflect on bad times and remind yourself how much you have grown and evolved from the past.

## Recognize Little Things

### **APPRECIATE EVERYTHING AROUND YOU**

Recognizing little things will give you new views of the things around you. Being appreciative of the little things will give you the time to stop and take in the world around you and its true beauty. For example, take some time to look at the clouds or something that you like having around you.

## Be Kind Everyday

### **MAKE KINDNESS A HABIT**

Being kind to someone has benefits on other people and yourself. Tell someone that you love them or that what they did made you feel good. You will see a big difference in your life if you say at least one kind thing a day to someone or even yourself.

## Practice Gratitude often

### **MAKE IT A HABIT**

Try get into a habit of practicing gratitude everyday. Setting a certain time and place might help you stay efficient with gratitude. For some people, it will take a shorter time for it to become a habit but it may take longer for some.