

05 WAYS TO PRACTICE GRATITUDE



01 Start a gratitude journal



02 Call, visit or send notes to those you are grateful for



03 Anticipate the unexpected blessings that are already on their way



04 Hold a monthly gratitude circle



05 Remember times of hardship and be grateful to have moved on

Gratitude:

- Improves self-esteem
- Reduces depression
- Improves the ability to cope
- Creates stronger social bonds

Check out the Look for the Good Project: www.lookforthegood.org