

WAYS TO PRACTICE GRATITUDE



FOCUS

on your strengths,
not your weaknesses



LOOK

at your failures and
challenges as learning
opportunities to help
you grow



MEDITATE

each day on what you're
grateful for and write your
thoughts in a journal



GIVE

your time to others by
volunteering or spending
time to help your family
and friends



SAY "THANK YOU"

whenever someone does something
nice or helpful for you

Resources *for* Living®