



Practicing Gratitude

Gratitude allows you to experience the joy that you already have in your life right now, instead of chasing the next thing that will bring you satisfaction or fulfillment. It keeps you from taking the small positives in your life for granted.

How to Practice Gratitude

Gratitude is a skill that can be strengthened by practicing. Try these ideas to strengthen your gratitude muscles:

- Keep a daily journal of things you are grateful for that day.
- Say a prayer of thanks.
- Make sure to thank someone sincerely every day.
- Choose one thing that often stresses you out or frustrates you and whenever it happens, use it as a reminder to think of something you are grateful for.
- Imagine what your life would be like without something or someone in your life.
- Think about something you have to get done and ask yourself “who does this help?” or “why is this worthwhile?” Say to yourself “I am grateful that I get to do this because...”
- Find a small part of a challenge that you can be grateful for.
- Connect something you do every day to taking the time to practice gratitude. For example, before you check your email for the day, first think of 3 things to be grateful for.
- Pair an apology with a thank you for accommodating your mistake.

Benefits of Practicing Gratitude

Those who practice gratitude through a gratitude journal:

- Sleep 10% longer and wake feeling more refreshed.
- Exercise more.
- Eat better.
- Get more regular health check ups.
- Experience increased positive emotions.
- Progress toward personal goals more quickly.
- Help others more often.
- Have less risk for many health disorders, including depression and high blood pressure.
- Feel less lonely and isolated.

Gratitude:

- ◇ Opens the door to cultivate new relationships and increases empathy.
- ◇ Reduces envy, resentment, frustration, regret, and desire for revenge.
- ◇ Improves self esteem, reduces stress, and contributes to mental resilience when faced with traumatic experiences.

References

1. <https://www.forbes.com/sites/amymorin/2014/11/23/7-scientificallly-proven-benefits-of-gratitude-that-will-motivate-you-to-give-thanks-year-round/#2c38d942183c>
2. Gratitude Daily: 21 Days to More Joy and Less Stress by Nataly Kogan