



15 Simple Gratitude Practices

Studies show that people who have regular gratitude practices experience greater happiness and satisfaction with life. Gratitude is not just an attitude – it's a practice or daily habit. Here are some simple ways that you can include gratitude practices in your day.



Say More Thank You's

Start by saying thank you for everything– even the mundane. Express thanks for the little things that loved ones do for you, or appreciate about them - especially things you normally take for granted.



Start Your Day

Start your day on the right foot with morning gratitude affirmations. Affirmations of gratitude will help you to set the intention to spend your day in a state of thankfulness.



Write it Down

Keep a list of 3-5 things you are grateful for each day. Studies show that after 2 months of writing it down, people were more optimistic, felt happier, and slept better.

Take a Walk

Go outside and reconnect with the world. A short walk lets you breathe fresh air, appreciate nature and helps us remember that we are part of something larger.



Commit Intentional Acts Of Kindness

While random acts of kindness are wonderful spontaneous gestures of generosity, intentional acts are ones that you plan for in advance. Decide in the morning what act of kindness you would like to commit and then plan for how you will make it happen during the day.



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Put It In A Jar

Centrally locate a large jar in your home and place a supply of small slips of paper near the jar. Have everyone write down what they are grateful for daily and review throughout the year as a reminder.



Write A Letter

Write a letter to someone who has changed your life in a positive way or someone who has been especially kind and caring but who has never been properly thanked. Be specific about what the person did and how it affected you.



Find A Partner

Find a buddy to partner with you to help keep your gratitude practice fresh. This not only helps you both be accountable in your actions but more importantly builds a positive relationship with someone at home or work.

Post On Social Media

Use social media as a force for good. Post one thing each day that is uplifting or inspiring, or about something you appreciate.



Bless Your Meals

Pause before eating to give thanks for the meal you are about to eat and for the people who made it possible and for those with whom you are sharing it.



Send Thank You Notes

Written thank you notes are far less common than they once were. Sending someone a handwritten note is powerful because you need to take a little more time, energy and thought to express your thanks.



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Acknowledge Service

Even though it's their job, you can make a point of thanking people for their service. Express your appreciation to cashiers, restaurant servers, bus or taxi drivers, teachers, police officers and anyone else who serves you throughout your day.



Have A Negativity Fast

Negative thinking focuses on what's wrong or what you don't have. Give up complaining, criticizing and gossiping for a day and focus instead on what's working well and the abundance of what you already have.

Snap A Photo

Take a photo each day of something you are grateful for. This practice encourages you to look for the good in each day. You can create an album that you can scroll through whenever you are feeling less grateful.



End Your Day

Using a gratitude affirmation when you go to bed not only reinforces a spirit of abundance, it also helps you relax and create a positive mindset before you fall asleep.



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