

A warm, cozy scene featuring a white dog lying down, a cup of coffee, and an open book on a brown blanket. The dog's head is in the upper left, and its paw is visible in the center. A cup of coffee sits on the left, and an open book is on the right. The background is a soft, out-of-focus wooden surface.

10 Great Ways to

Embrace Gratitude

Every Day

10 Great Ways *Embrace Gratitude* Every Day

Gratitude is one of the most powerful emotions that you can experience. It connects you to what is truly important in your life. It reminds you that as long as you're breathing, everything is going to be okay. It helps frame your day, your expectations, and your actions.

Embracing gratitude can be as simple as saying thank you. Here are ten great ways you can invite more gratitude into your life...



#1 Start a Gratitude Journal

Gratitude journals have been popular for years. Oprah talked about how powerful gratitude was for her and people took note. A gratitude journal is a daily practice where you write down a number of things that you're grateful for every day.

You can make it part of your daily routine by writing in your journal first thing in the morning as you look at your day or last thing at night. There are mobile apps for gratitude journaling or you can buy a journal. A simple notebook works too. It doesn't have to be fancy.

#2 Forgive Yourself or Someone Else

Forgiveness is powerful. It releases anger, hurt, and frustration from you and makes room for positive emotions like gratitude. If you find that you are still hurting or upset from something that someone else did to you, spend some time thinking about how that anger and hurt is actually hurting you. Forgive them. Say the words aloud. And if you're angry with yourself about something, release it. You did your best at the time. Grow from the experience and move forward in gratitude.

Share Your Thoughts...

What are 3 things you are grateful for right now?







What is something you'd like to forgive yourself (or someone else) for right now?

#3 Do Something Nice for a Stranger

Gratitude is an emotion that resonates deep inside you. It makes you feel good, hopeful, and connected to others. There are many ways to express gratitude. To embrace it and feel it on a regular basis, take actions that reinforce the emotion.

Every day, you have an opportunity to experience gratitude by doing something nice for strangers. Hold a door for someone. Offer help when you see someone struggling. Offer a friendly smile. Or if you're feeling truly generous, pay it forward and buy the coffee for the person in line behind you.

Making this type of behaviour part of your every day, changes how you interact and engage with the world. It makes you feel more grateful for your life.

Your Turn... What is something nice you can do for a stranger today?

#4 Reconnect with Loved Ones

Reconnecting with friends and family reminds you about the wonderful people that you have in your life. Pick up the phone and reach out to someone. They'll be delighted to hear from you and you'll feel great about the relationship.

Action Item: List 3 People You'd Like to Reconnect with...







What would you like to say to each of them?

1

2

3

Now DO it...



#5 Wear a “No Complaints” Bracelet

Complaining is the opposite of gratitude. Like gratitude, complaining can easily become a habit. You can break the habit by wearing a simple bracelet. The goal is to wear the bracelet on one wrist for thirty days. But if you complain, you have to move it to your other wrist and start over.

Making this type of behaviour part of your every day, changes how you interact and engage with the world. It makes you feel more grateful for your life.

Take Action:

Set aside 10-15 minutes right now to select a bracelet you already own (or find an inexpensive one online) that you can use for this exercise. In a pinch, you can use some nice yarn or ribbon instead.



#6 Say Thank You

It's so simple and yet we forget to say these two words. Say thank you when you receive a kindness from others. The person you're thanking will feel appreciated. You'll feel good about yourself and them.

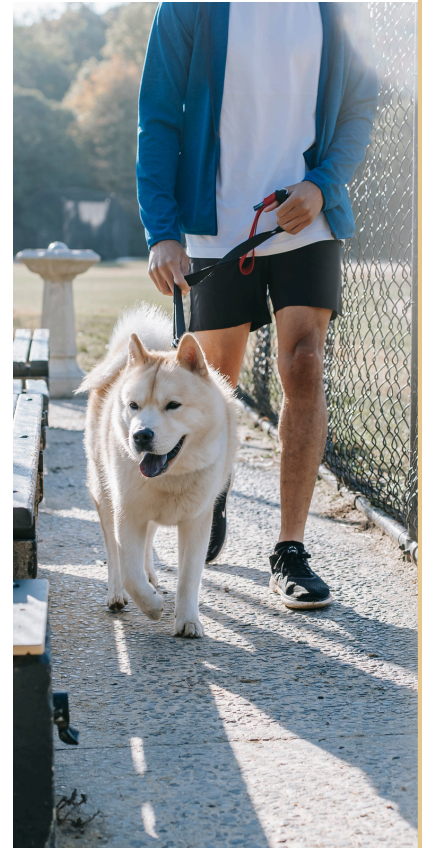
Consistently expressing gratitude helps you to build better relationships and connections. You can also express gratitude when you receive a service by smiling or leaving a nice tip.

#7 Do Something You Love

It's easier to feel grateful when you have joy in your life. And of course, some days, weeks... ah okay some years are more difficult than others.

However, there's time to find joy in each day. For example, listen to your favourite song and dance or sing along at the top of your voice. Give some love to your pup. Go for a walk and enjoy nature.

Even in the city, you can see birds in the trees or the clouds in the sky. You can also find a new hobby or pick up an old hobby that makes you smile.



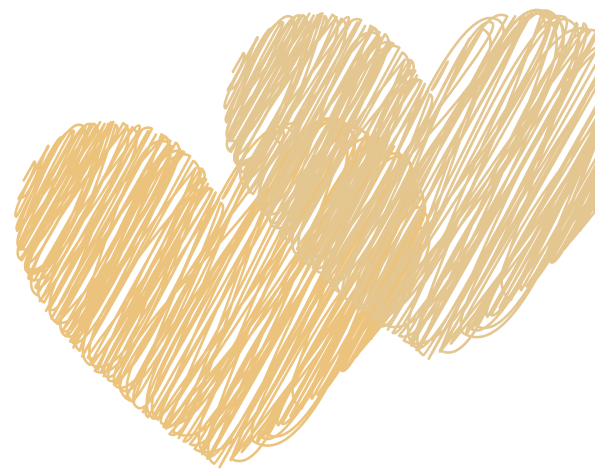
#8 Send Hand-Written Thank You Notes

Email is awesome but there's something extra special about sending and receiving a hand-written note.

Buy pretty stationary and notecards and get into the habit of writing people you love. Hint...older family members really like this and it helps you stay connected.

If you don't already, say thank you for gifts and kind thoughts and efforts with a hand-written thank you note.

Now it's Your Turn...



What are a few things you love to do?

If you had to pick just one to add to your life right now, what would it be? Why?

Who can you send a hand-written Thank You notes to today? Why do you want to thank them:

#9 Donate Something of Value - Your time, Money, or Things

If you have some extra time or a little extra money, give to a charity or cause that is important to you. And when you clean out your cupboards or find that you have some extra material goods around the home, consider donating them.

Gratitude is often enhanced and more readily embraced when you give to others. It serves as a reminder about all that you have.

#10 Give - and Accept - Compliments

Giving compliments is enjoyable. It can be fun to see someone's face light up when you tell them you admire their hard work or that the project they've been working on is top quality.

But it's not always so easy to accept compliments. When someone pays you a compliment, absorb it and say thank you. Don't negate the compliment with self-deprecating comments. Honour their gesture with genuine thanks. The same is true when you give compliments. Give them from the heart and without any intention other than to recognise someone's skills, effort, or talents.

The wonderful thing about gratitude is that once you invite it into your life, it is easier to make it a part of your every day. A few simple steps can help you invite more of this amazing emotion into your life. It's so easy - and usually FREE - to get started. Just try one (or more!) of these ideas today. Enjoy!

Share Your Thoughts...

What are some things you can donate to help others? If possible, include a mix of time, money, and things...

Pick someone to compliment today. What will you tell them?

How do you normally respond to compliments? If you struggle to accept them, why? Remember, a simple 'thank you' will do!

Next step...

I invite you to continue your journey of self discovery through a transformative program designed specifically to help you uncover your authentic self.

The **Discover The Real Me 8 Week Program** is a carefully crafted and supportive program that enables you to find balance and freedom through exploring the 'real you'.

Embrace your true self and transform your life with us.



[CLICK HERE TO GET STARTED](#)