



Feeling and Expressing Gratitude

Pausing to reflect and truly feel appreciative for the simple things in your daily life is one of the most valuable practices you can do.

- ❑ Identify three things that you feel grateful for and appreciate about your life.
- ❑ Identify three things that you take for granted but are very thankful for.
- ❑ Identify three things that you appreciate about yourself.
- ❑ Identify three things that you feel grateful for about your *right-now* experience.
- ❑ Identify three people who had a significant and positive experience on your life.
- ❑ Create a thank you message to those three individuals.
- ❑ Identify the one thing that you are most appreciative of (based on the list above) and feel it in your heart.
- ❑ Keep a gratitude list in a journal or even on index card for when you need a boost.

These simple practices will increase the sense of gratitude you feel. That feeling of appreciation not only improves your relationships, but it also helps you bring more love into your daily life.