

GRATITUDE PRACTICES

KEEP A GRATITUDE JOURNAL

SHARE YOUR GRATITUDE

TELL SOMEONE YOU LOVE THEM

NOTICE THE BEAUTY IN THINGS

SMILE OFTEN

DO A DAILY ACT OF KINDNESS

HELP OTHERS

COMPLIMENT OTHERS

LIVE MINDFULLY

PRACTISE BEING THANKFUL

MAKE GRATITUDE A HABIT

APPRECIATE THE SMALL THINGS

FOCUS ON YOUR STRENGTHS

DO MORE OF WHAT YOU LOVE

DO LESS OF WHAT YOU DON'T

TURN CHALLENGES INTO

OPPORTUNITIES

CELEBRATE THE SMALL THINGS

LAUGH WITH SOMEONE

BE PRESENT

WATCH THE SUNRISE OR SET

POST POSITIVE NOTES

NURTURE GOOD FRIENDSHIPS

CELEBRATE NATURE