



Gratitude Activities

Gratitude involves recognizing and valuing the positive aspects of life, regardless of their size. Incorporating gratitude into your daily routine can foster happiness, boost self-esteem, and offer various health advantages.

GRATITUDE JOURNAL



Each night, take a few moments to jot down positive aspects of your day. This can include both significant events and smaller joys, like enjoying a delicious meal, chatting with a friend, or conquering a challenge.

GIVE THANKS



Stay mindful throughout the day, seeking opportunities to express gratitude. Be intentional about acknowledging acts of kindness, whether directed towards you or others. Take a moment to personally thank the individual for their positive actions with genuine appreciation.

MINDFULNESS STROLL



Take a leisurely stroll and dedicate yourself to fully appreciating your environment. Engage your senses deliberately, focusing on each one individually. Spend a minute solely listening, another minute observing your surroundings, and continue in this manner. Strive to notice the details you might typically overlook, such as the sensation of a gentle breeze against your skin or the formations of clouds in the sky.

GRATITUDE LETTER



Consider someone who holds significance in your life, whether through their support, guidance, or presence. Take the time to compose a heartfelt letter expressing your appreciation for them. Include specific instances and details that illustrate why you value them. Whether you choose to share the letter with them is entirely up to you.

GRATEFUL REFLECTION



Set aside 5-10 minutes free from distractions like phones or TV to reflect on the positive moments of your day. Consistency is key here; think of it as akin to brushing your teeth or exercising—a regular part of your daily self-care routine. This practice can be integrated into prayer, meditation, or done independently.

GRATITUDE DISCUSSION



Engage in a gratitude exercise with a partner by alternating listing three things you're thankful for from the day. Take time to discuss and reflect on each item rather than rushing through the list. Make this a regular practice by incorporating it into your routine before a meal, bedtime, or at another consistent time.