

## **Daily Gratitude Ideas:**

### ***Random Reach Out***

Reach out to someone who you feel grateful for, but don't often express your appreciation for. This could be in the form of an email, hand-written note, or as simple as a phone call or text. Express specifically what actions they have taken for you which makes you feel grateful for him or her.

### ***Gratitude Expression:***

After someone has done something for you which you really appreciate, send a brief email or leave a short message stating exactly what action(s) the person took and how it made you feel.

### ***Greeting with Gratitude***

Every time you meet with someone, begin the conversation by noting one thing that you feel gratitude towards him or her for. By expressing appreciation, this creates a friendly, open, and honest environment which enables the increase of effective communication while increasing the potential to deepen the relationship.

### ***Slow It Down***

For the first ten bites of every meal, be conscious of every bite that you put into your mouth. Slowly chew the food, noticing the texture, various tastes as it dissolves, and the feeling as each swallow fills your stomach. Thank the food for nourishing you. As you continue this practice, begin to notice, and potentially feel grateful for, how the slower you eat, the quicker you're full, reducing the capacity of your food consumption, leading to a reduced waistline.

### ***Evening Gratitude***

To increase household community and connection with one another, make it an evening dinner practice for each person to list one thing that he or she is grateful for that day.

### ***Celebrate Excellence***

When your colleague, close friend, or loved one completes a hard task, celebrate by treating them to a night out at his or her favorite restaurant. Or, if he or she doesn't enjoy eating out, prepare their favorite meal as a special treat. In addition to noting the accomplishment, express your gratitude.

### ***Gratitude -Now and What Will Be***

Each night, write down three things that you are grateful for that happened that day and three things that you will be grateful for in the future. With each future gratitude state, imagine that it has already come into fruition. Notice how reflecting on each future item makes you feel-Excitement? Happiness? Calmness? Whatever the emotion may be, take it and hold onto the feeling until falling asleep.

### ***Gratitude Board***

Make a collage of everything that you're grateful for and put it in a place where you will see it every day. Every other month, replace or images for the prolonged retention of the feeling of gratitude. As an alternative, create a future gratitude board where you will use pictures to demonstrate what you will intend to bring into your life in the future. Feeling gratitude for what you will have creates the opportunity to align your attention with your goals.

### ***A Box of Gratitude***

Collect items that trigger a fond memory and place them in a nicely decorated box or treasure chest. Take ten minutes every other week to look through your memories, appreciate your experiences, and if you wish, add or replace your items.

### ***Triggered? Fall back to Gratitude***

Begin to notice when you are triggered. Examples of common instances where people are triggered include someone cutting you off in traffic, waiting in line at the grocery store, waiting for your internet to turn on, and waiting for a text to send in when there is bad reception. In these times when you feel agitation or anger rise within you, take three breaths and think about what you're grateful for. This will bring you back to your center instead of being carried away in the triggered emotion.

### ***Gratitude becomes Fun***

Have fun practicing gratitude with your kids in times when they may start to complain. Example instances include, long plane rides, long car rides, or going out to eat with a large group. Go back and forth in listing one thing that you are grateful for with the "winner" being the person who lists the most things that he or she is grateful for. You have the opportunity to try this game with anyone, but may be faced with initial resistance. Upon persistence, there is a chance that you may deepen your relationships with others by learning what they are grateful for.

### ***To get to Sleep, Replace the Sheep***

When you can't fall asleep, instead of counting sheep, count your blessings. This leaves you falling asleep with gratitude in your mind instead of focusing on the thoughts that may be racing through your head. Try it and see how it works for you!

### ***Gratitude Swim***

When you go swimming, use this as an opportunity to practice gratitude. Choose a different person or group of people to express gratitude towards during each length. Extend this out to broad aspects of your life that you feel grateful for.