

# WAYS TO CULTIVATE GRATITUDE

## Write a Thank You Note

Write thank you letters to friends and family expressing your appreciation, and gratefulness. Send it or deliver it in person. Send at least one gratitude letter a month. Once in a while, write one to yourself.

## Thank Someone Mentally

No time to write? Think about someone who has done something nice for you and take time to mentally thank the individual.

## Keep a Gratitude Journal

Make it a habit to write down or share with a loved one thoughts about the gifts you've received each day.

## Count Your Blessings

Sit down weekly and write 3-5 blessings reflecting on what went right or what you are grateful for. As you write, be specific and think about the sensations you felt when something good happened to you.

## Pray/Meditate

Anyone can pray to cultivate gratitude. Mindfulness meditation involves focusing on the present moment without judgment and focus on what you're grateful for.

HEALING FROM THE INSIDE OUT

Healing  
FROM THE INSIDE OUT

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