



10
Ways
to

Embrace Gratitude

RIGHT NOW

10 Ways You Can Embrace Gratitude Right Now

Gratitude is one of the most powerful emotions that you can experience. It connects you to what is truly important in your life. It reminds you that as long as you're breathing, everything is going to be okay. It helps frame your day, your expectations, and your actions.

Embracing gratitude can be as simple as saying thank you. Here are ten great ways you can invite more gratitude into your life...



#1 Start a Gratitude Journal

A gratitude journal is a daily practice where you write down a number of things that you're grateful for every day. It's a great way to be intentional in your gratitude practice.

You can make it part of your daily routine by writing in your journal first thing in the morning as you plan your day, or last thing at night as you recount the day. If you choose to buy a journal, it doesn't have to be fancy; a simple college ruled notebook works too. There are numerous mobile apps for gratitude journaling as well.

Give it a try . . .

What are 3 things you are grateful for right now?











#2 Forgive Yourself or Someone Else

Forgiveness is powerful. It releases anger, hurt, and frustration from you and makes room for positive emotions like gratitude.

If you find that you are still hurting or upset about something that someone else did to you, spend some time thinking about how that anger and negativity is actually hurting you.

Forgive them. Say the words aloud. And if you're angry with yourself about something, release it. You did your best at the time. Grow from the experience and move forward in gratitude.

Give it a try . . .

What is something you'd like to forgive someone for right now?

What is something you need to forgive yourself for right now?

#3 Do Something Nice for a Stranger



Gratitude is an emotion that resonates deep inside you. It makes you feel good, hopeful, and connected to others. There are many ways to express gratitude but to embrace it and feel it regularly, you need to take actions that reinforce the emotion.

Every day, you have an opportunity to experience gratitude by doing something nice for strangers. Hold a door for someone. Offer help when you see someone struggling. Give a friendly smile. Or if you're feeling truly generous, pay it forward and buy the coffee for the person in line behind you.

Making this type of behavior part of your every day, changes how you interact and engage with the world. It makes you feel more grateful for your life.

Your turn . . .

What is something nice you can do for a stranger today?

#4 Reconnect with Loved Ones

Reconnecting with friends and family reminds you about the wonderful people that you have in your life. Pick up the phone and reach out to someone. They'll be delighted to hear from you and you'll feel great about the relationship.



List 3 People You'd Like to Reconnect with . . .







What would you like to say to each of them?

1

2

3

Now DO it...

#5 Wear a “No Complaints” Bracelet

Complaining is the opposite of gratitude. Like gratitude, complaining can easily become a habit. You can break the habit by wearing a simple bracelet. The goal is to wear the bracelet on one wrist for thirty days. But if you complain, you have to move it to your other wrist and start over.

Making this type of behavior part of your every day, changes how you interact and engage with the world. It makes you feel more grateful for your life.

Give it a try . . .

Select a bracelet you already own (or find an inexpensive one to buy) that you can use for this exercise. In a pinch, you can use some pretty yarn or ribbon instead.



#6 Say Thank You

It's so simple and yet we forget to say these two words.

Make it a habit to say thank you when you receive a kindness from others. The person you're thanking will feel appreciated and you'll feel good about both yourself and them.

Consistently expressing gratitude helps you to build better relationships and connections.



#7 Do Something You Love

It's easier to feel grateful when you have joy in your life. And of course, some days, weeks . . . well okay, some years are more difficult than others.

There's still time to find joy in each day, however. For example, listen to your favorite song and dance or sing along at the top of your voice. Pet a puppy. Watch your favorite movie.

If you have more than a few minutes, take a class or find a new hobby. Or pick up an old hobby that makes you smile.

Go for a walk and enjoy nature. Even in the city, you can see birds playing in the trees.



Your Turn . . .

What are a few things you love to do? Keep it simple: what activities make you smile?

#8 Send Hand-Written Thank You Notes

Texting and emailing are awesome but there's something extra special about sending and receiving a hand-written note



.Buy pretty stationary and notecards and get into the habit of writing people you love. (Hint...parents and grandparents really like this and it helps you stay connected.)

If you don't already, say thank you for gifts and kind thoughts and efforts with a hand-written thank you note.

List 3 People You'd Like to Thank . . .







What would you like to say to each of them?

1

2

3

Now DO it...

#9 Donate Something of Value

If you have some extra time or a little extra money, give to a charity or cause that is important to you. And when you clean out your closets or find that you have some extra material goods around the home, consider donating them.

Gratitude is often enhanced and more readily embraced when you give to others. It serves as a reminder about all that you have.



Your Turn . . .

What can you donate to help others?

Time

Money

Items



#10 Give – and Accept – Compliments

Giving compliments spreads joy. It can be fun to see someone's face light up when you tell them you admire their hard work or that the project they've been working on is top quality.

But it's not always so easy to accept compliments. When someone pays you a compliment, absorb it and say thank you. Don't negate the compliment with self-deprecating comments. Honor their gesture with genuine thanks.

The same is true when you give compliments. Give them from the heart and without any intention other than to recognize someone's skills, effort, or talents.

Give it a Try . . .

Give yourself a well-deserved compliment:

Now Thank Yourself!



Congratulations!

Now that you know 10 different ways to embrace gratitude, implementing a gratitude practice into your life will be much easier.

Keep up the great work and visit

www.pagesofchanges.com

for more helpful tips and articles.