

# 10 WAYS TO CULTIVATE

# GRATITUDE

**Gratitude is an emotion expressing appreciation for what one has.**

Studies show that we can deliberately cultivate gratitude, and can increase our well-being and happiness by doing so. In addition, gratefulness and expression of it to others is associated with increased energy, optimism, and empathy. Here's how to cultivate gratitude in your life.

**1. Notice your day-to-day world from a point of gratitude** and be amazed by all the things we take for granted, the abundance of fresh food and water, your home and your family.



3.

**Keep a gratitude journal.** No fancy notebook is required, just note down one or more things you are grateful for on a daily basis.

5.

**Gratitude requires humility,** which is defined as being “modest and respectful.” Explore where humility fits into your life.

6.

**Give at least one compliment daily, whether directly to a person or by sharing your appreciation of something.**

7.

**When you find yourself in a difficult situation, ask:** What can I learn? When I look back on this, what will I be grateful for?

9.

**Sound genuinely happy to hear from the people** you talk to on the phone. Whether they respond with surprise or delight, they'll feel valued.

10.

**Thank the kids.** Sure, they may talk back and leave clothing on the floor, but at the end of the day, from an evolutionary perspective, our kids are our most direct vehicles into the future. So how about thanking them for all it is that they do to enrich your life.

2.

**Appreciate your partner and your family.** If you've got a long-term partner who is building and maintaining your world with you, thank them for being there for you. Also our family members are particularly important. Sometimes we forget to tell those closest to us how special they are.

4.



**If you associate something with a negative feeling, like your alarm going off at 6am, switch it in your mind.** Remember that positive feeling you get after going for a walk in the morning air.

8.

**Vow to not complain, criticise, or gossip for a week.** If you slip, rally your willpower and keep going. Notice how much energy you were spending on negative thoughts or actions.

