

GRATITUDE EXERCISES

Gratitude is perhaps the most powerful of human emotions. The purpose of gratitude exercises is to realize and appreciate what we have. People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems. Here is a list of exercises to practice gratitude in your daily life.

Gratitude Journal



Before going to bed each night, take a couple of moments to write a list of five things about that day for which you're grateful. Some days you'll have exciting things to write down, and some days you'll be writing down simple joys. The passages don't need to be significant occasions—they may be as straightforward as a good meal, having a long conversation a friend, or overcoming a difficult test.

Write a Letter



Sit down and write a letter to someone who has majorly affected your life, somebody who you might want to thank, or somebody who you value having in your life, who has exerted a positive influence in your life but whom you have not properly thanked. This can be a teacher or a mentor from your past, a grandparent, or anyone else who helped you in some way. The letter doesn't have to be long, but make sure that you're specific about what the person did and how it affected you.

Visit Someone who you Appreciate



Take the gratitude letter a step further: Compose a letter to somebody you acknowledge as depicted above, visit the person to whom the letter is addressed. and read them the letter in person. Try not to disclose to them why you’re re visiting and afterward let them to keep it as a token.

Say “Thank You”



Look around throughout the day to find reasons to say ‘thank you’. Attempt to perceive the little activities people do each day that may be disregarded, for example, a neighbor who consistently goes the additional mile, or a companion who consistently appears to tune in.

Take a Gratitude Walk



Go for a walk and see how many positive things you can find: the smell of freshly baked bread coming from the bakery, flowers growing on a window sill, a cloudless sky. Spend a few minutes focusing on each of your senses (sight, hearing, taste, smell, and contact) to discover new things you might not have taken note.

Gratitude Jar



Find a jar and decorate it however you wish. You can tie a ribbon around the jar’s neck, paint it or keep it simple. Next, think of at least three things throughout your day that you are grateful for (It can be something as simple as a having your favorite meal or getting appreciated for your job). Do this every day, write down what you are grateful for on little slips of paper and fill the jar. Over time, you will find that you have a jar full of a myriad of reasons to be thankful for what you have and enjoy the life you are living.

Tips:

A great way to bring things that you're grateful for to the forefront of your mind is by asking yourself questions. At the end of each day, ask yourself the following four questions:

- What touched me today?
- Who or what inspired me today?
- What made me smile today?
- What's the best thing that happened today?