

## Gratitude Exercises

### Journal About Gratitude

Every night write down five things that were good about your day. The good things don't have to be major—they might be as simple as a good meal, talking to a friend, or getting through something difficult.



### Write a Letter

Think about someone who has had a major impact on your life, someone who you would like to thank, or someone who you appreciate having in your life. Write a letter with specific details about what it is you appreciate about them, and send it.

### Visit Someone who you Appreciate

Take the idea of a gratitude letter a step further and actually visit the individual who you would like to thank. You can choose to deliver and read a gratitude letter, or simply visit and tell them why it is that you appreciate them.



### Say "Thank You"

Keep your eyes open throughout the day for reasons to say "thanks". Try to recognize the actions people do every day that might be overlooked such as a coworker who always works hard or a friend who always seems willing to listen.

### Take a Gratitude Walk

Go for a walk and make a special effort to appreciate your surroundings. You might notice the smell of flowers, a pretty building, or a soothing breeze. Spend a few minutes focusing on each of your senses (sight, hearing, taste, smell, and touch) to find new things you may not have noticed.

