How to Foster Gratefulness

- Keep a journal or note big and little joys in your daily life (counting your blessings vs. counting your burdens, examples are below). Studies show a gratitude journal lowered depressive symptoms by 30% as long as the practice was continued.
- Write down three good things that went well for you and identify the cause
- Write thank you notes to others
- Think about people that have inspired you
- Imagine what your life would be like if a positive event had not occurred
- Use visual reminders and positive affirmations in easy-to-see areas
- Hand out gratitude notes to friends or leave them for strangers to find
- Practice mindfulness
- Thank someone every week
- Focus more on others' intentions. When you receive a gift or a nice gesture from someone, consider how they intended to bring good into your life
- Write down 3 things you are grateful for each day

Gratitude Journal Ideas

1. Write about a time when you laughed uncontrollably.
2. Write about someone that you really admire.
3. What do you like most about yourself?
4. Express gratitude for 5 things that you use daily.
5. What is something that you can do today that people 30 years ago couldn't?
6. What privilege do you enjoy that others might not?
7. Write about a song that you can't help but sing along to.
8. What is your favorite thing to do in your free time?
9. What aspect of your health do you feel grateful for?
10. What excites you about the future?
11. When did something wonderful happen unexpectedly?
12. Write about an achievement that you are most proud of.
13. Write about something that makes you feel lucky.
14. Which is your favorite weather, and why?
15. What are you always excited to do?
16. Write about one positive thing that happened today.
17. What is your most prized possession?
18. Write about a day when you felt really happy.
19. What is your favorite part about nature?