

# GET HAPPIER: PRACTICE GRATITUDE



Brain research shows that positive emotions, like gratitude, can benefit our bodies and minds. Feeling grateful for what we have (instead of obsessing about what we don't) helps with many different aspects of our lives — like relieving stress and boosting determination to try again when things don't work out the way we want

## Take a moment to reflect

The act of writing down feelings of gratitude can reinforce this powerful emotion. Jot down answers for the questions below on a separate piece of paper. For a daily dose of gratitude, post your answers where you'll see them each day or keep them in a journal. Then, make it a habit to pause each day to notice and appreciate what's good in your life.

- 1 Write down a gratitude ritual you do now. For example, giving thanks before a meal or pausing before you go to sleep to think about what went well in your day (and how to find good in the things that didn't!).
- 2 Write down something awesome that you've noticed that you used to take for granted. For example, electricity that keeps the lights on; fresh, clean running water; or powerful arm muscles that help you play your sport.
- 3 Name someone you're grateful to have in your life and why.
- 4 Describe something that happened in the past that you didn't feel grateful for at the time, but now think of with gratitude.
- 5 Describe a moment when you felt gratitude in real time. What other emotions did you feel?
- 6 Describe a way you've thanked someone or intend to thank someone.