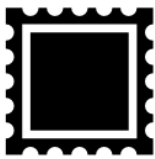


# Gratitude Practices Template

## Why is it so important to be a grateful person?

- Grateful people are happier.
- Grateful people value others.
- Grateful people live longer according to research.



60-CENT RULE



SPEAK



KINDNESS



SURROUND



WRITE

## TRY THESE FIVE PRACTICES TO HELP YOU BE MORE GRATEFUL

---

- 1. Send people letters/notes to express your gratitude.** Not only will your words bless someone else, but this simple act has proven to increase one's gratitude.
- 2. Speak words of encouragement to those you come in contact with.** Most every day is an opportunity to express your gratitude to people verbally. Thanking someone or asking them about their day says a lot about you. This simple micro expression of gratitude over time leads you to become a grateful person.
- 3. Look for opportunities to serve others.** It can be opening a door for someone, helping them put groceries in their car, preparing a meal if they are sick. I could go on, but you get the point. When you focus on serving others rather than yourself you can't help but become a more grateful person.

4. **Surround yourself with other grateful people.** Let's face it: some people lift you, and others bring you down. We have all heard the saying, "Birds of a feather flock together." Make sure you are hanging out with the eagles and not the turkeys.
  
5. **Write down three people/things you are grateful for each day.** This "count your blessings" daily routine is a reminder of all you have to be grateful for in life.

**When you Practice Gratitude every day,  
 you will be amazed at the grateful person you become.**

Notes:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---