

# **10 WAYS TO PRACTICE GRATITUDE**

- 1. Write a note to someone you care about**
- 2. List what you are thankful for**
- 3. Tell the people close to you what they mean to you**
- 4. Think about what makes your life amazing**
- 5. Embrace challenges and turn them into opportunities to grow**
- 6. Avoid negative social media content**
- 7. Focus on your strengths**
- 8. Plan time for self care**
- 9. Reflect each day on what went well**
- 10. Make thank you a habit**

**PRACTICE GRATITUDE  
TODAY!**