

## Gratitude Practices

6 different types of gratitude practices, each with its own flavor and intention — perfect for deepening daily presence and appreciation:

### 1. Gratitude Journaling

- **What:** Write 3–5 things you're grateful for daily.
- **Why:** Builds a consistent mindset shift toward abundance.
- **How:** Be specific (e.g., “the warmth of my tea” instead of “food”).

### 2. Gratitude Letter (or Voice Note)

- **What:** Write or record a heartfelt message to someone you're grateful for — even if you never send it.
- **Why:** Cultivates connection, compassion, and emotional clarity.

### 3. Gratitude Walk

- **What:** Go for a 10–15 min walk, silently naming things you appreciate in your environment.
- **Why:** Merges movement, mindfulness, and positivity.

### 4. Mirror Gratitude

- **What:** Look in the mirror and name 3 things you appreciate about yourself (body, personality, growth).
- **Why:** Builds self-worth and internal safety.

### 5. Gratitude Jar

- **What:** Write one good thing that happened each day on a slip of paper and put it in a jar.
- **Why:** Makes joy visible. Great to revisit on low days.

### 6. Evening “Replay”

- **What:** Before sleep, mentally rewind your day and highlight moments of joy, ease, or love.
- **Why:** Helps the nervous system relax and end the day with warmth.

If this is your first time practicing gratitude — start simple. You don't need a perfect journal, the right words, or a big emotional breakthrough. You just need presence. Gratitude is about shifting your frequency, one small moment at a time. Notice what's already good. Speak it. Feel it. Let that be enough. The more you practice, the more life reveals what was always worth loving. Start where you are. That's where the magic is."