

On What Side of Life Are You Going to Live?

TIPS FOR DEVELOPING

Gratitude

Start small

Developing an attitude of gratitude starts with the small things and appreciating every good thing in life.

Capture it

Being grateful for positive experiences is one thing, but thinking positively about adverse or challenging circumstances can help capture all you have to be thankful for.

Take inventory

List five to ten things you are grateful for. Reflect and revisit the feelings you receive from that list. This action will reset your thought-life, ultimately leading to more peace.

Give back

The key to unlocking more gratitude can be discovered through giving back. Studies show that serving others enhances our well-being, leading to more gratitude.

Don't keep it to yourself

Writing notes and connecting through FaceTime or even Zoom calls with the people you care about doesn't just brighten their day but increases your levels of happiness in the long run. Make time to express appreciation through a simple note or directly through a phone call. It's the small things!

Be in the presence of others

When you're struggling and can't gather up gratitude, spend time with those you love. Make time to connect and grow in your relationship with your family and friends. When you do, you'll find that quality time leads to thriving relationships.

