

GRATITUDE HACKS™

MIND | Gratitude Edition

SIMPLE HABITS. A MORE GRATEFUL YOU.

1

NOTICE THE GOOD



Take a few moments each day to notice something meaningful, comforting, or positive in your life. Gratitude begins with awareness.



2

EXPRESS APPRECIATION



Tell someone thank you, send a kind message, or let someone know they matter. Gratitude grows when it is shared.



3

STAY CONNECTED



Meaningful relationships support emotional well-being. Time with family, friends, and community adds more joy to everyday life.



4

BE PRESENT



Slow down, breathe, and pay attention to the moment you are living right now. Presence makes it easier to notice what matters.



5

REFLECT DAILY



At the beginning or end of the day, ask yourself: 'What did I appreciate today?' Small reflections can build a lasting habit.



6

FIND THE MEANING IN ORDINARY MOMENTS



A quiet cup of coffee, a conversation, sunshine, or a familiar routine can become meaningful when we pause long enough to notice it.



DISCOVER YOUR GRATITUDE SCORE™

Take the DHmeds Gratitude Assessment™ and get a snapshot of how gratitude shows up in your everyday life.

DHmeds.com/mind-learning-center



Everyday
Gratitude Matters

BODY • HAIR • MIND

Dr. Brett S. Hirsch, D.O. | DHmeds.com | Sarasota, FL

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