

Gratitude



Three Ways to Give Your Day a Gratitude Boost

Living your life with gratitude helps you notice the little wins—like finding no line at the drive-thru when you pull in for your morning cup of coffee, a stranger holding the door for you, or the sun shining through your window on a chilly day. By taking time to recognize these small moments as they occur, over time, you can increase your sense of wellbeing by strengthening your ability to notice all the good around you. Try the following to give your day a gratitude boost!

1. **Recognize life's small delights.** Rather than recalling positive experiences after the fact (via a journal, diary, or by other means), take note as they occur. Pause to use all your senses to appreciate the good happening around you.
2. **Practice on-the-job gratefulness.** Even the best jobs can begin to feel like a grind sometimes. Practicing gratitude can renew your sense of purpose by inspiring a desire to learn and develop new skills. Make a daily effort to focus on the positives to help boost your happiness at work.
3. **Connect with nature.** You don't have to go on a weeklong camping trip or three-hour hike to immerse yourself in the beauty of nature. Just pausing to notice simple things—like the feeling of the breeze in your hair or the sweet scent of freshly bloomed flowers—can help you unwind while allowing you to appreciate nature and the beautiful world around you.

Source: www.mindful.org