

Creating a practice of GRATITUDE



Gratitude is a great way to rewire the brain from a place of deficit to a place of abundance! Science backs this statement as well. [Here's a great place to go and learn more!](#) In the meantime, here are some easy ways to begin to create a gratitude practice and cultivate your mindset of abundance.

Commit to the practice

When you are intentional and say out loud an action, research shows there is more likelihood that action will in fact be carried out. So write your own gratitude vow, which could be as simple as "I vow to count my blessings each day," and post it somewhere where you will be reminded of it every day.

Journaling

Establish a daily practice of finding time to journal about the good and the bad of life! This does not need to take up a lot of time but you do have to be in the moment and be intentional. This gives you an opportunity to reflect on the positive but also looking at the negative to understand there is a balance. Journaling could be as simple as "I am thankful for having clean socks" to "I am thankful for the new home I've purchased". There are also digital alternatives such as apps or video.

Reflect on the not so positive

It can be very uplifting and empowering to remember the not so good things that have happened within your life and to reflect on how far you've come from those places. This helps to setup contrast in your mind which automatically creates a space of gratefulness.

Share the abundance!

When we share our gratitude with others it not only empowers them but also strengthens the relationship. Include partners, family, colleagues or even strangers! Challenge yourself to share with one person daily. Remember the energy we put into the world is the energy that comes back to us.

Creating a practice of GRATITUDE



Listen to what you say

Language is powerful and our brain listens to what we say. Use words that invoke positive concepts like gifts, givers, blessings, blessed, fortune, fortunate, and abundance. There are a ton more so honor who you are by finding the words that express your gratefulness. In gratitude, you should not focus on how inherently good you are, but rather on the inherently good things that others have done on your behalf.

Actions speak louder than words

Don't just talk about gratitude be about it as well! That means taking action. Be intentional with being kind to others. Smile!! Say thank you. Write or doodle about your gratitude. What are things you can do to put energy into the world about your gratitude?

Get creative

Look for new situations or moments to actually feel grateful. Life is a rollercoaster for sure but understanding that a positive outlook is just as essential to our well-being as air and water can be a great tool to manage the twists and turns.

Get grounded

Utilize your senses to get grounded and be in the moment. It's much more simple to develop gratitude when you are present rather than trying to do it with all the background noise in your head. Even when life throws you for a loop, life is a gift to be cherished. It's easy to forget that when you're not grounded.

Reflect

Reflect on your current relationships. This could be parents, family members, friends, siblings, work associates, children, and partners. Ask yourself "What have I received from __?", "What have I given to __?", and "What troubles and difficulty have I caused?" This is a great way to understand the impact you have on others.