

LET'S TALK ABOUT
Gratitude

6 Simple Gratitude Practices



1.

Keep a gratitude journal and add to it everyday.



2.

Make gratitude a part of family life, share it with each other during meal time.



3.

When times are bad, focus on your friends who are at your side.



4.

When times are good, notice and help others.



5.

Spend quality time with your loved ones.



6.

Live mindfully, not worrying about the past or future.

