

3 Ideas for Establishing a Gratitude Practice

A gratitude practice helps you recognize the good things that exist and are happening around you. You find whatever it is you go looking for. A gratitude practice will help you seek out moments of joy. Below are a few simple ways to start a gratitude practice of your own or with your children.



1. Create a Gratitude Box or Jar

Step 1: Decorate a small box or mason jar to house your notes of gratitude.

Step 2: Write down 1-3 things daily that you're grateful for and deposit them into the box or jar.

Step 3: When you need to be reminded of the good that surrounds you, pull out your box/jar and read a few of the notes inside.

2. Keep a Gratitude Journal

Step 1: Start each day by listing the top 3 things that have happened to you that day up to that moment. You can do this in a notebook or in the notes section on your phone.

Step 2: At any time during the day when something 'makes the list,' place it in it's proper order and remove the last item from your top 3 list.

Step 3: Throughout your day, continue looking for things to make the list.



3. Make a Gratitude Tree

Step 1: Cut out or purchase small paper leaves.

Step 2: Locate an existing small indoor tree or plant to hang the leaves from or create one with small sticks or branches.

Step 3: Write down one item on each leaf that you're grateful for and hang it from the tree/plant using string.



** Another option is to use the printable on the next page.