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50 Ways to Grow Your Gratitude

- Start a Gratitude Journal: Write down three things you're grateful for every day.
- Express Self-Gratitude: Be kind to yourself.
- Say Thank You: Never underestimate the power of these two simple words.
- Write Thank You Notes: Send handwritten notes to express your appreciation.
- Give Compliments: Sincerely compliment something that stands out to you about someone else - their hair, outfit, or a gesture they've done.
- Show Appreciation for Service Workers: Thank those who work hard to serve you and be a generous tipper.
- Acknowledge Efforts at Work: Thank your colleagues for their help and support.
- Express Gratitude at Home: Show appreciation to your family members regularly.
- Send Appreciation Emails: Send a quick thank-you email.
- Give a Shout-out on Social Media: Publicly acknowledge and thank people.
- Start a Gratitude Jar: Write down something you're grateful for each day and put it in the jar. Read some out loud on days that might be tough.
- Give Small Gifts: A small token of appreciation can mean a lot to someone.
- Create a Gratitude Board: Put sticky notes of thanks on a bulletin board.
- Listen Actively: Give your full attention when someone is speaking.
- Support Businesses: Purchase from a friend, family member, or small, local business.
- Celebrate Achievements: Congratulate others on their accomplishments.
- Volunteer: Give back to the community.
- Spend Quality Time: Spend meaningful time with those you love.
- Give Hugs: A physical touch can convey a lot of warmth and gratitude.
- Remember Special Occasions: Reach out to friends and family members on birthdays, anniversaries, and other important dates.
- Be Present: Put away distractions and focus on those you are with.
- Write a Love Letter: How often do you tell your loved ones how you feel?
- Send Snail Mail: Who doesn't like getting a card, note, or something sweet in the mail?
- Start Meetings with Gratitude: Begin meetings on a positive note can have a big impact on the atmosphere of the entire meeting.
- Show Gratitude to Mentors: Thank those who have had an impact on your life.
- Acknowledge Everyone's Role: Make sure everyone knows their work is valued.

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- Celebrate Team Successes: Have a celebration for team accomplishments.
- Practice Positive Affirmations: Remind yourself what you're grateful for.
- Smile More: We use more muscles to frown than we do to smile!
- Encourage Others: Offer positive words and support.
- Be a Source of Positivity: Aim to be positive wherever you go.
- Show Gratitude for Your Body: Take care of your body and appreciate it.
- Appreciate Nature: Spend time outdoors and be thankful for it.
- Sleep Well: Prioritize sleep as a form of gratitude for your body.
- Express Gratitude for Past Experiences: Acknowledge how past challenges have shaped you.
- Stay Positive in Hard Times: Focus on what you can be thankful for, even when it's tough.
- Read Gratitude Books: Educate yourself on the power of gratitude.
- Listen to Inspirational Talks: Look for inspirational podcasts and videos.
- Appreciate Small Joys: Notice and appreciate the little things in life.
- Donate to Charities: Give back by donating money or items to those in need.
- Practice Random Acts of Kindness: Help someone you don't know in a way that is not beneficial to you.
- Show Love to Your Family: Make sure your family knows how much you appreciate them.
- Be a Supportive Friend: Be there for your friends, showing them gratitude through your actions.
- Observe Your Thoughts: Cultivate a mindful awareness of your thoughts.
- End Your Day with Thankfulness: Reflect on the positive aspects of your day before bed.
- Celebrate Your Achievements: Take time to acknowledge your successes.
- Appreciate Your Talents: Be thankful for your unique skills and abilities.
- Love Yourself: Practice self-love and gratitude.
- Forgive Yourself: Let go of past mistakes and be grateful for the chance to grow.

"GRATITUDE TURNS WHAT WE HAVE INTO ENOUGH, AND MORE. IT TURNS DENIAL INTO ACCEPTANCE, CHAOS INTO ORDER, CONFUSION INTO CLARITY... IT MAKES SENSE OF OUR PAST, BRINGS PEACE FOR TODAY, AND CREATES A VISION FOR TOMORROW."

– MELODY BEATTIE