HOW TO PRACTISE GRATITUDE

Start by observing. When do you say thank you? What are you feeling when you express gratitude and how can you channel those feelings internally to say thank you to yourself?

- Choose one area. It might be your physical health, a good friendship, family, or a fulfilling role at work. Write down all the reasons you're thankful for that person or situation.
- Make a commitment. When you commit to a daily practice of observing, feeling, and writing down points of gratitude, you'll build it into your life and see the benefits.

• Keep a journal. Look back and see how you're progressing and whether

- Allow yourself to remember the bad. But don't stay stuck there. Let the areas of your life that you're grateful for wash over you.
- your feelings have become more positive and affirming over time.

