



## Developing Gratitude

A very simple yet effective way to gain a better outlook on life and overall life satisfaction is by developing gratitude. Gratitude is a thing that can be learned and improved upon. One of the easiest ways to do this is by making a gratitude journal.

"Gratitude is not only the greatest of virtues, but the parent of all the others." - Cicero



1. GET A NOTEBOOK OR JOURNAL THAT YOU CAN DEDICATE TO THIS PRACTICE EVERY DAY.

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2. EVERY NIGHT BEFORE BED, WRITE DOWN THREE THINGS THAT YOU WERE GRATEFUL FOR THAT DAY.

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3. ALTERNATIVELY, YOU CAN WRITE DOWN FIVE THINGS THAT YOU WERE GRATEFUL FOR ON A WEEKLY BASIS

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4. THINK OF PARTICULAR DETAILS FROM THE DAY OR WEEK, RATHER THAN SOMETHING BROAD OR NON-SPECIFIC (I.E., "THE WARM SUNSHINE COMING THROUGH THE WINDOW THIS AFTERNOON" RATHER THAN "THE WEATHER").

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