

# Gratitude

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“Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.”

- Oprah Winfrey

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Gratitude practice is practicing being thankful for all that you have, from the little things to the big things. It is about consciously noticing that what you have around you at this moment is enough, that you are exactly where you are meant to be.

Once you appreciate what you do have, you start to realise that happiness can be found in everything. And when you start to truly appreciate what you have all around you, you stop looking for what you don't

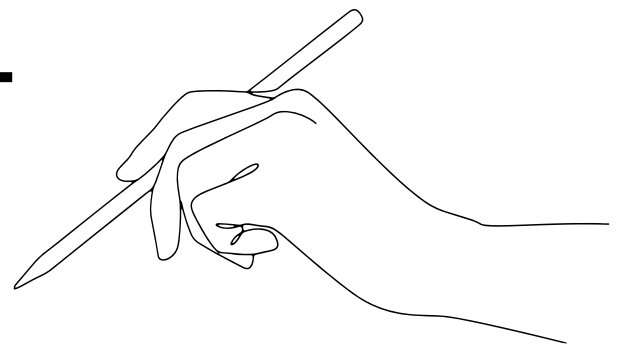
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# Practice

**Ask yourself what am I grateful for today?**

Say aloud or write down three things. Do this every morning as soon as you wake up, write on a piece of paper, in a notebook or say aloud exactly what you are grateful for. Start your day with gratitude, begin each day with a grateful heart.

It can be beneficial to write these in a dedicated notebook and keep this as a gratitude journal.



## Grateful Reflections

Think back to a time in your life when you didn't feel your best, maybe a difficult time. Now think about how far you have come since then, the person you have become and what you have achieved.

Once you have done this read this back and remember how amazing you are, how far you have come, the support you may have had around you and the will you had to carry on, grow and achieve all that you accomplished

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**You only have one life, live every second of it. Love every second of it.**

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## Sharing Gratitude

Gratitude is a personal practice but it can also be something that is shared. Share gratitude with your friends, family or even someone you meet for just a moment.

Tell someone you're grateful for them or for something they did, in the present moment or even if it was a long time ago.

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**People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems.**

