

# 5 WAYS TO GROW YOUR GRATITUDE



## 1 3 FUNNY THINGS

Think about 3 funny things that happened today.

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How did you feel at those times?

## 2 GRATEFUL CHAT

Choose a time and place to make this a habit (such as your dinner table, picking kids up from school, bedtime...). Practice asking your partner, your kids, or a friend:

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“What was your favorite part of the day?”  
or “What went well today?”

## 3 MENTAL SUBTRACTION

Reflect on an aspect of your life for which you are grateful. How would your life be different without it?

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What might have happened if...

## 4 FIND YOUR SILVER LINING

Think about a difficult life event, and consider how that experience made you stronger.

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How did you grow? What strengths came from your experience?

## 5 GRATITUDE VISIT

Write a letter to someone who made a difference in your life. Then go visit that special person—whether it's next week or sometime soon.

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During your visit, read your letter out loud. And give it to her or him before you leave.