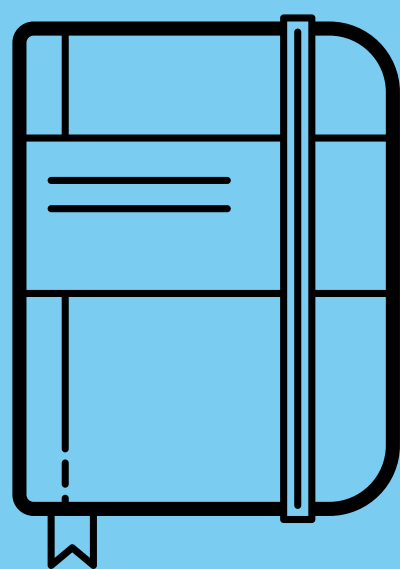


# FOUR WAYS TO PRACTICE GRATITUDE

And maintain a focus on the positive.

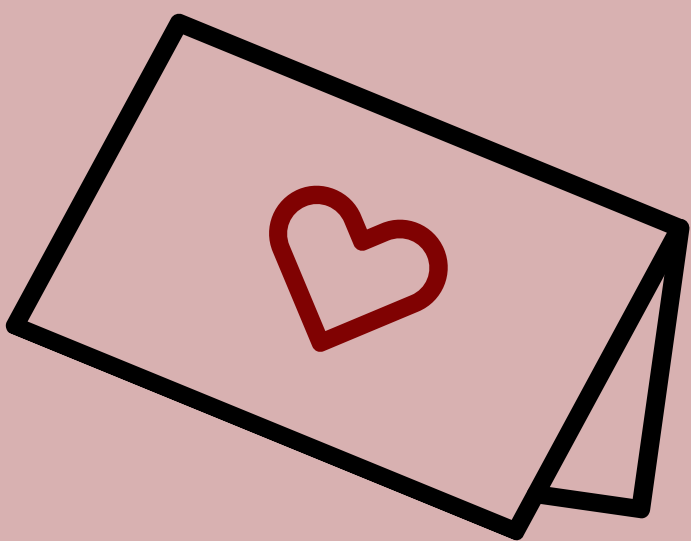
## KEEP A DAILY GRATITUDE JOURNAL

“Setting aside time on a daily basis to recall moments of gratitude associated with ordinary events, your personal attributes, or valued people in your life gives you the potential to interweave a sustainable life theme of gratefulness”  
Robert Emmons, global leading expert on gratitude



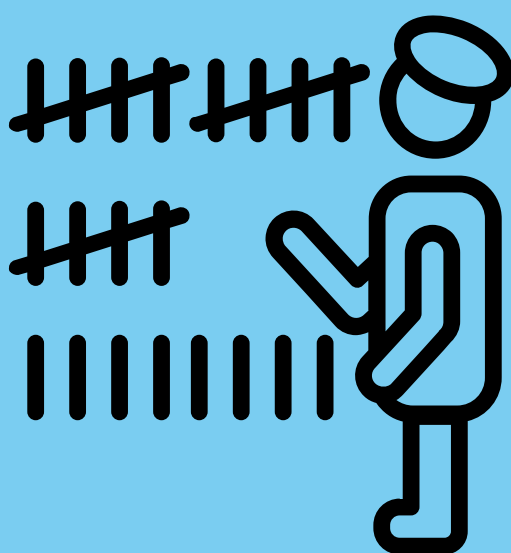
## WRITE A THANK YOU NOTE

You can make yourself happier and nurture your relationship with another person by writing a thank-you letter expressing your enjoyment and appreciation of that person's impact on your life. Send it, or better yet, deliver and read it in person if possible.  
(Harvard Medical School)



## COUNT YOUR BLESSINGS

Pick a time every week to sit down and write about your blessings — reflecting on what went right or what you are grateful for. As you write, be specific and think about the sensations you felt when something good happened to you.  
(Harvard Medical School)



## MEDITATE

Mindfulness meditation involves focusing on the present moment without judgment. Although people often focus on a word or phrase (such as "peace"), it is also possible to focus on what you're grateful for (the warmth of the sun, a pleasant sound, etc.)  
(Harvard Medical School).



TO READ THE FULL POST ON GRATITUDE, VISIT  
FOCUS ON THE POSITIVE AT [FOTP.US](http://FOTP.US)

*MAKING A POSITIVE IMPACT, STARTS WITH A POSITIVE ACT.*

