



Gratitude, Made Easy

Gratitude improves mood, reduces stress, and helps you feel more connected. Small moments of thankfulness can lead to big shifts in well-being. Try these simple ways to feel more thankful - every day!

Morning Moments

As you enjoy your coffee, think of one thing you're looking forward to today or one thing that went well yesterday. A gratitude journal is another great tool to have open every morning so you can quickly jot down a few things you're feeling thankful for at the start of the day.

Take a 10-Minute Gratitude Walk

Step outside and notice the good around you—sunlight, fresh air, changing leaves, or a kind smile. A gratitude walk is a mindful stroll where you reflect on what you're thankful for. It's a simple way to boost your mood, reduce stress, and reconnect with the present moment.

Dinner Table Highlights

Make mealtime meaningful! Have each family member share one highlight from their day. It's a simple way to connect, reflect, and build a habit of thankfulness together.

Create a Family Thankful Jar

Keep a jar in your home or workspace where you can drop in notes about things you're thankful for or special moments from your day. Over time, it becomes a collection of positivity you can revisit whenever you need a boost. Invite friends, family, or coworkers to add their own notes too. It's a simple way to share joy and stay connected.

Start a Smile File

Create a personal collection of joy—digitally or in a real box. Fill it with photos, concert tickets, kind notes, funny memories, or anything that makes you smile. On tough days, revisit your file for a quick mood boost and reminder of the good in your life.

Building a consistent habit of thankfulness, even in small moments, can shift your mindset, strengthen relationships, and improve your overall well-being. Gratitude isn't just a feeling, it's a practice that can truly change your life.