**Gratitude is a Game Changer – Create a Gratitude Practice**

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*A gratitude practice can be a simple yet* ***powerful way to improve mental well-being****,* ***increase resilience, and foster a positive outlook on life.*** *Here are a few approaches you might find helpful:*

**1. Daily Gratitude Journaling**

* Write down 3-5 things you’re grateful for each day.
* Be specific (e.g., instead of “I’m grateful for my friends,” try “I’m grateful for the deep conversation I had with [friend’s name] today”).
* Reflect on why these things matter to you.

**2. Gratitude Letters & Messages**

* Write a letter to someone who has positively impacted your life, expressing your gratitude.
* If possible, read it to them or send it. This can be incredibly meaningful for both of you.
* A short gratitude text or voice note can also be powerful.

**3. Gratitude Meditation**

* During meditation, focus on feelings of gratitude.
* Visualize people, experiences, or even small moments that bring you joy.
* Use deep breathing to enhance the experience.

**4. Gratitude Jar**

* Write down moments of gratitude on small pieces of paper and place them in a jar.
* At the end of each month or year, read through them as a reminder of positive experiences.

**5. Gratitude Before Your Head Hits the Pillow or Before Your Feet Hit the Floor**

* Make it a habit to think of one thing you’re grateful for before going to sleep or right after waking up.
* This helps set a positive tone for the day or ease your mind before rest.

**6. Gratitude in Conversations**

* Incorporate gratitude into your daily conversations by mentioning what you appreciate.
* For example, at dinner, share one thing you’re grateful for with family or friends.
* Sign emails, “With Gratitude and Excitement” or simply, “With Gratitude, Erin”

**7. Reframing Challenges with Gratitude**

* When facing difficulties, try to find one thing to be grateful for in the situation.
* Example: Instead of saying, “I had a stressful day,” try “Today was tough, but I’m grateful I had support.”