

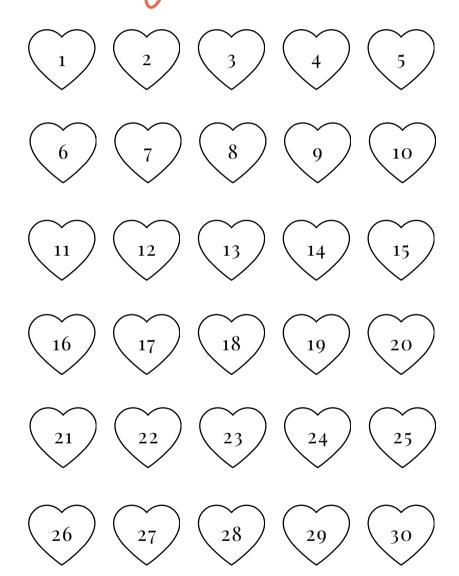
## 15 Ways to Express Gratifude

- 1. Say a sincere, look-them-in-the-eyes "thank you" to someone who does something nice for you or simply for being in your life.
- 2. Write a letter to someone who has made a significant impact on your life, even if they are no longer with us.
- 3. Create a gratitude jar. Write down things you're grateful for on small pieces of paper and put them in a jar. Then, when you're feeling down, pull out a piece of paper and remind yourself of the good in your life!
- 4. Send a small "just because" gift to someone you appreciate.
- 5. Pay someone a compliment.
- 6. Cook a meal for someone you're grateful for.
- 7. Support a cause that you or someone important to you cares about.
- 8. Create art (a drawing, song, poem, dance, or other form of expression) about something you're grateful for.
- 9. Work out. Express gratitude for your health by taking care of your body.
- 10. Be (intentionally) patient. The next time you're feeling frustrated, take a few breaths as a show of understanding and gratitude for others.
- 11. Send someone a text letting them know you're thankful for them.
- 12. Leave a Post-It note for someone you care about, expressing your gratitude for them leave it on their car, desk, mirror, lunch, or other "surprise" spot.
- 13. Pay it forward. When someone does something kind for you, pass on the good deed by doing something kind for someone else.
- 14. Practice a random act of kindness for someone pay for their coffee, pick up trash, or mow or shovel your neighbor's walkway.
- 15. Volunteer your time with a local food bank, animal shelter, or other organization to show your gratitude to your community.



## 30 DAYS

of grafifude



"Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well."

-Voltaire

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