
CULTIVATING GRATITUDE

ESTABLISH A GRATITUDE PRACTICE

Make a list of all the things you are grateful for today. For example, “I am grateful that we didn’t hit traffic on our drive to school” or “I am grateful for the good weather we are having.” Try to practice gratitude for all the little things that occur during the day that people tend to overlook, but can make a difference.



CREATE A GRATITUDE CUE

Pair gratitude with a symbol. For example, every time you see an airplane, you have to think of one thing you are grateful for. This will help reinforce the practice of gratitude throughout your day.

WRITE A THANK YOU CARD

Once a week write a thank you card for someone you are feeling grateful for, whether it is a teacher, pediatrician, librarian, or a family member.

GRATITUDE TRADITION

Create a gratitude tradition in your home and get others involved. Whether it is going around the dinner table and having each family member say 1 thing they are grateful for or writing down 3 things you are grateful for in your journal before bed.

ALPHABET GRATITUDE

Write down each letter of the alphabet and come up with one thing you are grateful for based on each letter. For example, B can be for books if you have a lot of books that you enjoy reading, or S can be for sunsets because it is your favorite time of the day.

GRATITUDE JAR

Place an empty jar on your desk with strips of blank paper next to it. Every time you remember or reflect on something you are grateful for, write it down and put it in the jar. Every once in awhile, read all your appreciative thoughts.

Recommended books:

Grow Grateful by Sage Foster-Lasser and Jon Lasser
Grow Kind by Jon Lasser and Sage Foster-Lasser
Grow Happy by Jon Lasser and Sage Foster-Lasser
Bee Heartful: Spreading Loving-Kindness by Frank J. Sileo

Recommended resources:

<https://positivepsychology.com/gratitude-exercises/>