



# How to Practice Gratitude

sportswales  
chwaraeoncyfmsu



Keep a Gratitude  
Journal



Take a 5-minute  
Gratitude Break



Find Gratitude in  
your Challenges



Practice in the  
Moment Gratitude



Share the Gratitude  
The Power of  
THANK YOU!



Spend time with  
Support Network



# Tips to Practice Gratitude

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## Keep a Gratitude Journal

*Write down your positive thoughts!*

*Keeping a journal of the things you are thankful for*



## Practice Present-Moment Gratitude

*Move through your day with awareness & be mindful*

*Think as you do something "I am grateful."*

## Take a 5-Minute Gratitude Break

*Instead of feeling overwhelmed*

*Write down the things that you appreciate*



## Spend time with Your Social Support

*Make intentional time to chat to each other*

*Remind those that you care about them*

## The Power of Saying THANK YOU!

*It can strengthen relationships*

*It can make someone's day!*



***Be thankful for what you have; You will end up having more; If you focus on what you don't have; You will never have enough!***