



Gratitude Strategies

From article by Karen Warren-Severson in Science of Mind Magazine

1. Create an affirmation card such as, “I am grateful for my Life”---read it on awakening, at lunch, and before bed. Post it on your mirror and computer.
2. Bless meals to include those who grew the food, transported it, and sold it.
3. Express gratitude frequently to family, friends, associates, and strangers.
4. Watch films and read books that inspire gratitude.
5. Listen to and sing uplifting music.
6. Take a news break—turn off upsetting television shows.
7. Spend time with upbeat people; limit time with energy drainers.
8. Make a gratitude jar in which you and your family place pieces of paper upon which are written reasons to be grateful.
9. Notice when you start to complain and shift to a reason to be grateful.
10. Begin regular group meetings with participants sharing a reason to be grateful that day.
11. Write yourself a thank-you note or letter.
12. Ask, “Do I need this _____ to be happy? Notice your answer.
13. Smile for no reason in particular---laugh out loud.
14. At bedtime, ask your dream life to inspire you.
15. For deep emotional wounds, do healing and forgiveness work before expecting gratitude to grow.
16. In adversity, ask, “What can or have I learned? What in this can I be grateful about?”
17. Read Dr. Robert Emmons’s *Thanks! How the New Science of Gratitude Can Make You Happier*.
18. Each morning, on wakening and before opening your eyes, find and hold one thought that will symbolize gratitude for you for the day.
19. Begin a morning spiritual practice with inspiring reading, writing, and prayerful quietness. I invite your heart to open with gratitude. (join Rev. Ruth on line for Mid-Week spiritual practices, Wednesdays, 6:30am-7am, see our website for free conference call number and code.)