



Try one or more of these ways to cultivate gratitude in your life:

1. Start a [gratitude list](#). Add at least 3 things to the list each day. When life gets hard, read your list as a prayer of thanksgiving.
2. Say a blessing before each meal.
3. Each time you pick up the phone to send or receive a text or call, give thanks for the person on the other end.
4. Notice the nice things others do for you, and express your gratitude.
5. When an unexpected moment of beauty or kindness amazes you, stop and savor your deep feelings of gratitude.
6. Say a prayer of thanks at the end of each day.