



Practicing Gratitude

The more we practice gratitude, the more we see to be grateful for. This then has a positive effect on our sense of wellbeing, our relationships, physical and psychological health.

Being grateful allows us to experience the vibrancy of each moment to the fullest. By being fully present to the gifts that are around us we naturally feel more positive. This can then have a domino effect and before you know it others in our circle are also feeling uplifted.

The added bonus is that it doesn't have to be complicated. It's simple to do!

Here are some tips for practicing gratitude into your daily life.

1. Start a Gratitude Journal – this is at the top of my list because I love to journal and have experienced how powerful it can be. Each day think of three things that you can be grateful for. Have you ever heard the expression “Energy flows where attention goes?” Essentially, this means by focusing on positive things and practicing gratitude you are cultivating the ground for more of that! If you feel that daily journaling is not for you perhaps switch to once a week and see how that goes.
2. Create a Gratitude Jar – this is fun because you can decorate your jar (or you can have a box if you prefer), and be really creative. Every day you can write a gratitude note and pop it in the jar. When it's full you get a sense of just how much there is in life to be grateful for. It's important to note that the things you can be grateful for don't have to be monumental. Even something as small as being grateful for mangoes being in season so you get to have a yummy breakfast counts. Once again, be creative.

3. Make a Gratitude Flower – this is something that children can enjoy doing as well. All you need is some coloured paper, to cut into petals and a centre for your flower and something to write with. On the centre of the flower write “Things I’m Grateful For.” Each day you can write one thing you are grateful for on a petal and tape it to the flower centre. I like to make seven petals so my flower is complete after one week. if you continue to make them and pop them on the fridge you could end up with a gratitude garden!
4. Gratitude Collage – This is also a beautiful activity as it takes time and really engages your heart space as well as your creativity. A collage is much like the journal but instead of using words our gratitude is expressed through imagery. Find one image per week to add to your collage. Don’t feel that you need to be restricted to old magazines either. These days many people use images they find on the internet to print and paste. I like this activity, especially for visual people because as they say “A picture is worth a thousand words” and it’s true. An image can hold meaning on many different levels.

Here’s a short list of gratitude prompts that may help if you feel a little stuck getting started.

- Who made you smile today?
- What are three things you saw today that made you happy?
- I’m grateful for these three family members.
- What do you like about this season?
- I’m grateful to have time for
- Who is a friend you are grateful to have in your life?
- I’m grateful that my body is
- What are you grateful for in your home?

I hope you have found some inspiration and decide to start practicing gratitude because in a short time it can have a powerful impact on your outlook on life.

If you would like to share your experience or have your own favourite gratitude practice I’d love to hear about it. You can pop it in an email to hello@whitesagewellbeing.com