



Purpose

Gratitude is a feeling of thankfulness for the benefits we have received from others, and the recognition of the source of these gifts as being external to ourselves. Having a deeper understanding of gratitude and what it means for you will help you to take a step back and get a new perspective on what you feel thankful for in life.

Understanding Gratitude

What Does it Mean to Cultivate Gratitude?

Cultivating gratitude means to regularly direct our attention to the many benefits we receive from others, within ourselves, and the world around us.

Why Should You Practice Cultivating Gratitude?

Research shows that there are many benefits associated with gratitude; strengthening relationships, overall happiness, satisfaction levels, and overall better health. Gratitude has shown to promote positive emotions and also increase resiliency.

How Can You Practice Cultivating Gratitude?

Gratitude can be practiced similarly to how one might engage in physical exercise -- regularly scheduled but not too frequent. Below are some quick examples of exercises you can use to practice cultivating gratitude.

1. Three Good Things Exercise

The exercise asks you to write down three specific items for which you are grateful that involve other people. Along with a description, explain why you feel grateful.

2. Writing a Gratitude Letter

This exercise asks you to write a letter to someone explaining why you are grateful for what they have done.

3. Gratitude Diary

This exercise keeps gratitude front and center in your life by encouraging you to keep a diary of your grateful feelings.



Sources:

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