

9 Ways To Cultivate Gratitude

1. Notice your day-to-day world from a point of gratitude and be amazed at all the goodness we take for granted
2. Keep a gratitude journal. All it requires is noting a few things one you are grateful for on a daily basis. A few things you are grateful for now and a few gratitude intentions.
3. If you identify something or someone with a negative trait (the cold room), switch it in your mind to a positive trait (the room with a great view of possibilities).
4. Gratitude requires humility, which the dictionary defines as "modest and respectful." Explore where it fits in your life. The article "Humility: A Quiet, Underappreciated Strength" is a good start.
5. Give at least one compliment daily. It can be to a person or it can be asking someone to share your appreciation of something else ("I love how quiet it is in the morning, don't you?").
6. When you find yourself in a bad situation ask yourself; 'What can I learn? When I look back on this, without emotion, what will I be grateful for?'
7. Vow to not complain, criticise, or gossip for 10 days. If you slip, rally your willpower and keep going. Notice the amount of energy you were spending on negative thoughts and actions.
8. Sound genuinely happy to hear from the people who call you on the phone. Whether the caller responds with surprise or delight, s/he'll know you value speaking with her/him.
9. Contribute to something that is important to you. Donate time, talent or money. By joining in, you'll gain greater appreciation for the organization/cause, and it will appreciate you, too.