

Gratitude Practice Ideas



Keep a gratitude jar that all family members add to & read it out at a weekly family dinner.

Pop a gratitude list on the fridge for the family to add to & read it at a weekly family meal.




Daily dinner routine of each person sharing 3 things they appreciated that day.

Keep a gratitude list on the notes App on your phone.



Keep a folder on photos on your phone of things you are grateful to and add photos to it regularly.

Keep a gratitude journal & make time each day to write 3 things you are grateful for.



Keep a gratitude journal & make a commitment to write in it at least once a week.

Journal about something specific you are grateful for or really appreciate in your life.



In your gratitude journal use the 5 senses as prompts e.g., something you see or hear.

Start an end-of-work routine of pausing as you leave & noting one thing you appreciated that day.



Set an intention when you wake each morning to notice something you appreciate.