Gratitude Exercises

Journal About Gratitude

Every night write down five things that were good about your day. The good things don’t have to be major—they might be as simple as a good meal, talking to a friend, or getting through something difficult.

Write a Letter

Think about someone who has had a major impact on your life, someone who you would like to thank, or someone who you appreciate having in your life. Write a letter with specific details about what it is you appreciate about them, and send it.

Visit Someone who you Appreciate

Take the idea of a gratitude letter a step further and actually visit the individual who you would like to thank. You can choose to deliver and read a gratitude letter, or simply visit and tell them why it is that you appreciate them.

Say “Thank You”

Keep your eyes open throughout the day for reasons to say “thanks”. Try to recognize the actions people do every day that might be overlooked such as a coworker who always works hard or a friend who always seems willing to listen.

Take a Gratitude Walk

Go for a walk and make a special effort to appreciate your surroundings. You might notice the smell of flowers, a pretty building, or a soothing breeze. Spend a few minutes focusing on each of your senses (sight, hearing, taste, smell, and touch) to find new things you may not have noticed.