

## Practicing Gratitude

Take time strategically to practice gratitude.

Taking time strategically to practice gratitude helps you appreciate the people and experiences that make your life richer.

Here are several proven ways to practice gratitude:

- **Make a gratitude journal**—Write down three things for which you are grateful for 21 consecutive days.
- **Conduct a gratitude visit**—Write a one-page testament about someone living who has had a significant impact on your life, detailing what this person has done for you. Meet with him or her to read the testament aloud.
- **Write a gratitude letter**—Write a letter of appreciation to a spouse, child, friend, or teammate.
- **Conduct a gratitude session**—Identify the virtue strengths of each member of your team. Share stories about how this virtue strength has made the team and organization better.
- **Make a gratitude wall**—Find a wall in a public area for teammates to place sticky notes with names of people and experiences for which they are grateful.

