

8 Ways To Have More Gratitude Every Day

[WomensMedia](#) Contributor
[ForbesWomen](#)

By Janet Miller

In the famous words of Ferris Bueller, “Life moves pretty fast. If you don’t stop and look around once in a while, you could miss it.”

It can be easy to get swept away in the fast lane and forget to stop and show your appreciation for what you do have. A life well lived is one of gratitude and thankfulness. To help you on your gratitude journey, here are 8 ways to have more gratitude in your daily life.

1. Don’t be picky: appreciate everything

Gratitude doesn’t have to be saved for the “big” things in life. The habit of being grateful starts with appreciating every good thing in life and recognizing that there is nothing too small for you to be thankful for.

2. Find gratitude in your challenges

Gratitude is not only about being thankful for positive experiences. In fact, sometimes thinking about negative or difficult situations can help to really nail down what you have to be thankful for.

3. Practice mindfulness

Sit down daily and think through five to ten things you are grateful for. The trick is that you need to picture it in your mind and sit with that feeling of gratitude in your body.

4. Keep a gratitude journal

After your mindfulness session, write down your positive thoughts! Keeping a journal of all of the things you are thankful for can help you keep track of and refer back to the positives in your life.

5. Volunteer

For many people, the key to having more gratitude is to give back to others in their local community. Not only will it make you more grateful for the things that you may take for granted, but studies have shown that volunteering for the purpose of helping others increases our own well-being, and thus our ability to have more gratitude.

6. Express yourself

Sometimes it's not enough to simply keep your gratitude to yourself. You can increase your feelings of gratitude by expressing that same gratitude to the people you care about.

7. Spend time with loved ones

If you're struggling with feeling the gratitude in the moment, go spend time with your friends and family. Of course it will help you grow closer to them and strengthen your relationship, but it will also give you a chance to practice your acts of gratitude on people that you care about.

8. Improve your happiness in other areas of your life

Being grateful can make you happy, but being happy can also make you grateful. There are plenty of other ways to get your mood up, including exercising or participating in a hobby you enjoy.