



# how to grow in gratitude

## WHEN YOU DON'T FEEL HAPPY

Gratitude is a choice. It provides us positive emotions and good experiences, and not the other way around. Gratitude helps us deal with inevitable adversity. It improves our health, our relationships, our influence, our life. We can learn to choose thankfulness and with regular practice grow our level of gratitude. To help you on your gratitude journey, here are 5 ways to increase gratitude in your daily life.

1. **Keep a list of God's faithfulness** - It's important for us to keep a record of all of the ways God shows up in our lives. Keep track of all of the obvious and not so obvious ways God has moved on your behalf, added helpful people or resources to your day, provided for you through expected and unexpected ways.
2. **Spend time with loved ones** - Quality time with loved ones is a natural stress reliever. Playfulness, good conversation, hugs, kisses, snuggles and laughter are all good for the soul.
3. **Serve others** – Regardless if it is out of obligation or an overflow of joy, serving others increases happiness. It truly is better to give than to receive. Lending a hand to those in need not only makes the world a better place, it makes us better.
4. **Appreciate everything** - How often do you stop to count your blessings? Do you typically find yourself feeling less than, skipped or overlooked? Whatever we focus on we see. If all we see is what we don't have, having nothing to appreciate will become our reality. Be intentional about looking for the positives throughout your day and stop to appreciate them.
5. **Keep a gratitude journal** - Don't just keep a mental list of all of the things you're grateful for. Write them down. Keep a journal next to your bed. Start and end your day by writing a minimum of 5 things you are grateful for. If you don't have a journal, we've provided one for you here.

# weekly gratitude list

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## WAYS I CAN GROW IN GENEROSITY THIS WEEK:

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