

1. Keep a Gratitude journal and add to it every day.
2. Tell someone you love them and how much you appreciate them.
3. Notice the beauty in nature each day, even on your walk to and from the bus.
4. Nurture the friendships you have, good friends don't come along every day. But also don't be afraid to cut out any truly toxic relationships and be ok with less friends if it means more quality friendships.
5. Smile more often.
6. Watch inspiring videos that will remind you of the good in the world. (Like [this one](#) and [this one](#).)
7. Include an act of kindness in your life each day.
8. Call your Mom more often.
9. Cook meals with love, think of the people you will feed.
10. Volunteer for organizations that help others.
11. Remember to compliment your friends and family.
12. Write a card to someone you haven't seen in a while.
13. When you think a negative thought, try to see the positive side in the situation.
14. Commit to one day a week when you won't complain about anything. Or one hour a day. Baby steps...
15. Try to take note when people do a good job and give recognition when it's due at work.
16. Reward effort, if someone does something nice for you, do something nice for them.
17. Meditate with your gratitude list, giving thanks for all your good fortune.
18. Live mindfully, not worrying about the past or future.
19. Thank the people who serve you in the community. The shopkeeper, the bus drivers, etc.
20. Say thank you for the little things loved ones do for you, things you normally take for granted.
21. Call your grandparents and tell them you love them.
22. Embrace challenges and turn them into opportunities to grow.
23. Send love to your enemies or people you dislike.
24. Be thankful when you learn something new.
25. See the growth opportunity in your mistakes.

26. Help your friends see the positive side to life.
27. When times are bad, focus on your friends who are at your side.
28. When time are good, notice and help others.
29. Make a gratitude collage, cut out pictures of all the things that you are grateful for.
30. Make gratitude a part of family life, share it with each other during meal time.
31. Focus on your strengths.
32. Share the benefits of gratitude with family and friends.
33. Recognize how cheesy it can be to practice gratitude and thankfulness and be ok with it, because you're the shit and it's ok to be cheesy.