

## **The Gratitude Project: How to Practice Gratitude**

*Connor McKenney*

Expressing gratitude is an important practice that boosts individual happiness. Gratitude can be expressed using several methods such as journaling, mental visualization, writing to or telling someone, looking for the positive aspects of challenges, and by noticing simple things to be grateful for.

Gratitude journaling is the practice of periodically writing about people or things that you are grateful for. One way to do gratitude journaling is to list five things from the last week you are thankful for once every week.

Using mental visualization to practice gratitude works well because it can be practiced anywhere and at any time. This allows you to express gratitude spontaneously. Conversely regular journaling can begin to feel like a chore if practiced with too much frequency.

Another way to practice gratitude is to write to or tell someone about why you are thankful for them. One of the benefits of this method is that it makes the other person feel appreciated. This can help to strengthen the relationship between you and the other person. Additionally, not only do you feel gratitude, but also joy from the other person's reaction.

When you are facing a difficult challenge being grateful for the positive aspects of that challenge can help to encourage and solidify your undertaking. An example of a possible positive aspect is what you learn from a situation. A hypothetical situation could be your phone stops working so you start working to figure out how to fix it. Your phone not working is undoubtedly annoying but learning how to troubleshoot and fix it will be useful in the future.

Take the time to appreciate simple even mundane things that make your life easier. Showing your gratitude for a lack of traffic on your morning commute, good weather, and the comfort of your home will improve your wellbeing and make you happier.

Next topic will discuss the physical benefits of gratitude.