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**WAYS TO PRACTICE GRATITUDE**

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**1. NIGHTLY NOTES**

Make it a habit to write down three things you are grateful for before you go to sleep.

**4. HELP OUT AT HOME**

Do your chores without being asked as a way of showing your family you are grateful.

**2. DO IT IN WRITING**

Take ten seconds to write a text, a note or an email to somebody who has helped you.

**3. GIVE TO OTHERS**

Make some cookies or give a friend a small gift to show them you appreciate them.

**5. FLIP YOUR THINKING**

When something is getting you down, think about how you can use it to learn or grow.

**6. WORK WITHOUT PAY**

Helping other people is a great way to increase wellbeing, so find a way to volunteer.

**7. JUST SAY THANKS**

Stop, make eye contact and say thank you to your teachers, family and friends. You will make their day!