**Being Thankful During Hard Times**

Did you know that being thankful during hard times can help you to better overcome the challenges you are facing?

It has been proven that practicing daily gratitude can help you to develop a more positive mindset. This in turn helps you to identify solutions to any problems you might be facing.

It’s easy to be thankful when things are going great. However, it becomes much more of a challenge when you are going through tough times.

If you are struggling to feel thankful right now, there are some great tips you can follow. Here, you’ll discover some of the best tips on how to be thankful during hard times…

**Start a gratitude list**

One of the best ways to build up a more grateful mindset, is to start a gratitude list.

Each day, write down 3-5 things that you are grateful for. It could be something great that happened that day, or something you are looking forward to. If nothing good has happened, list the basics. It could be that you are grateful to have a roof over your head, or food on the table.

You may need to dig deep some days to find something you are grateful for. However, you’ll find that over time you automatically start to look for the positives.

Experts say it takes 21 days of daily gratitude to see long-lasting benefits.

**Utilize the pay it forward movement**

Often, we feel a lot more grateful in life when we take the time to help others. The pay it forward movement is a great way to develop gratitude during difficult times.

Pay it forward means to do something small for someone. They then do something small for 3 other people, and the cycle continues. If you haven’t seen the “Pay it Forward” movie, you should check it out to learn more about where the concept came from.

When we do something nice for someone, it automatically makes us feel happier. It also shows you that there are other people going through a tough time. By doing something nice for others, it will help you to feel more grateful about your own life.

**Look for opportunities**

When something goes wrong, it’s common to dwell on the negatives. Perhaps you have lost your job for example, and you are now understandably worried about your future. While worrying about what is going to happen is natural, it certainly isn’t helpful.

A good way to overcome bad times, is to think about the opportunities they present. If you have lost your job, think about the potential opportunities that could come from it. You could now find a better position for more money. Or you could set up your own business and discover a level of freedom you never knew before.

When you start to see the opportunities in bad situations, it can help you to overcome them. You’ll develop a more positive mindset that helps you to combat future challenges too.

**Practice kindness**

Practicing kindness is another way to be thankful during tough times. When we do nice things for others, it makes us feel better about ourselves. It also helps to show us that there are people worse off than we are.

Look for local charities you could support or do something nice for a neighbor. The more kindness you practice, the more thankful and happier you’ll become.

As you can see, there are lots of ways you can develop a more thankful mindset during tough times. If you follow the tips above, you’ll automatically start to become more positive, which helps to push you through difficult situations.

With that being said, becoming more thankful and embracing gratitude isn’t always easy. It will take work and commitment to become a more thankful person.