How to Be More Grateful

You don’t need to have a natural affinity for gratitude. There are lots of ways you can develop a more grateful mindset if it doesn’t come naturally to you.

As we are all different, you’ll find what works for someone else may not work for you. To get you started on your gratitude journey, let’s look at some of the most effective tips you can follow…

Add gratitude to your daily routine

If you want to reap the benefits of gratitude, you are going to need to add it into your daily life. That means, fitting it into your daily routine.

Many people prefer to practice gratitude first thing in the morning. When you are enjoying your cup of coffee, grab your journal and write a list of the things you are grateful for. Alternatively, you can also do this last thing at night before you go to bed.

When you add gratitude into your daily routine, it soon becomes a habit just like brushing your teeth.

Embrace challenges and tough times

It is more difficult to practice gratitude when you are going through a tough time. However, pushing through and focusing on the things you are grateful for can help you to better deal with difficult situations.

A good tip is to embrace the challenges and tough times. Look at what the situation is teaching you and any positive things you can take from it. In some situations, such as losing a loved one, showing gratitude is particularly tough. However, you can focus on how they would want you to feel. Would your lost loved one want you feeing constantly sad or would they want you to live life as best you can?

Embracing challenges isn’t always easy. However, it can help you to find the opportunities you might otherwise miss.

Practice mindfulness

Mindfulness has become one of the most important tools for gratitude. Whether you practice meditation, journaling, or yoga, it can help you to develop a more grateful mindset.

Nothing can beat the relaxing feeling you get from practicing mindfulness on a daily basis. When the mind is calm and relaxed, you will find it much easier to become a more thankful person.

Be thankful for the small things

You don’t have to wait for big events to be thankful. Practicing gratitude means being grateful for everything in your life, including the small things.

So, when you are writing your gratitude list, don’t forget to include the small stuff such as you got out of bed in the morning, or you managed to smile during a difficult time.

When you start to focus on the small things you are grateful for, your brain will start to look for the positive in everything.

Express your gratitude to others

Gratitude isn’t just about you. To develop a more grateful mindset, you need to express your gratitude to others too. Remind the people you love why they are important to you. Write a letter to somebody who helped you and show appreciation when something is done for you.

When you express gratitude to other people, it helps to make them feel appreciated, strengthening your relationships.

Boost your happiness

While gratitude can make you happier, focusing on boosting your happiness also makes gratitude easier. Focus on the things that make you happy, such as being surrounded by nature, or taking care of yourself. The happier you become, the more grateful you will also become.

These are just some of the things you can try to become more grateful. Building up a gratitude mindset does take time, but if you follow the tips above you’ll soon start to see a shift in your perspective.