**30 Short Gratitude Tips**

1. When expressing gratitude to others, do it with enthusiasm. This will make much more of an impact.

2. Don’t forget to change up how you say thank you. If you simply say “thank you”, it loses its meaning after a while.

3. Be specific about what you are thanking somebody for. Let them know exactly what it is you appreciate.

4. Keeping a gratitude journal is the best way to add gratitude to your daily life.

5. When you start to focus on the things you are lacking, replace those thoughts with gratitude. What do you have now that you appreciate?

6. Publicly thank someone who has helped you. It can mean so much more when you do it openly.

7. Don’t forget to show gratitude for the small things in your life. Give thanks for the basics such as breathing and having food to eat.

8. Avoid watching or reading too much negative media. Instead, focus on consuming more positive stories.

9. When somebody does a good job, make a note of it so you can thank them later.

10. Meditate using your gratitude list. Do at least 10 minutes of meditation daily for best results.

11. Commit to living more mindfully. Focus on the present, rather than the past or your future.

12. Call your parents or your grandparents to let them know you love them.

13. I receive lessons gratefully with each experience

14. I realize I have been given a precious gift of life

15. I am thankful for each beautiful moment

16. I see the beauty in nature and appreciate being alive

17. Don’t be afraid to challenge your inner critic. Replace negative thoughts with positive ones

18. Play some positive music, it will instantly boost your mood.

19. Get in the habit of carrying around a notebook. You can use it to record the things you are grateful for throughout the day.

20. Do one thing to help the environment each week.

21. Make a list of the people you dislike. Now, write something positive about each person.

22. Try and practice gratitude at the same time each day. This will help to incorporate it into your routine.

23. Share your gratitude through social media by posting one thing you are thankful for each day.

24. When things are difficult, think about the people who are there for you.

25. Start to be thankful when you learn something new. Every new thing you learn helps you to become a better person.

26. If your friends are struggling, help them to see the positive things in life.

27. When things are going well for you, look at how you can help others.

28. Say thank you to the people who serve the community, such as bus drivers and shopkeepers.

29. Avoid gossiping. Instead, talk about the positive aspects of the people around you.

30. Carry out a random act of kindness for someone.