**10 Ways Expressing Gratitude Changes Your Life**

Showing gratitude is known to provide a ton of benefits. From improving your mental health, to greater life satisfaction, here’s 10 ways expressing gratitude changes your life…

**1. Your stress levels will reduce**

When you add gratitude into your daily life, you’ll notice a drastic reduction in your stress levels. When you are highly stressed, it has a negative impact on every aspect of your life. Therefore, anything that reduces your stress is going to positively change your life.

**2. It develops a positive mindset**

When you have a positive mindset, you are happier and optimistic. By practicing daily gratitude, it will help you to develop a more positive mindset over time. This will help you to see challenges differently, as well as help you to feel happier overall.

**3. Improving your relationships**

When you express gratitude to loved ones, it helps to strengthen your relationship. Studies have shown that strong, healthy relationships are vital for our wellbeing. So, if your relationships could use a little work, practicing gratitude will help.

**4. An improvement in your self-esteem**

Over time, practicing gratitude can help to build up your self-esteem. When you have a healthy amount of self-esteem, you will be more confident, and able to set healthy boundaries.

**5. You’ll sleep much better**

If you struggle to get a good night’s sleep, gratitude can help. Studies have shown that writing a gratitude list each day can help to improve sleep significantly.

**6. Your health will improve**

Did you know expressing gratitude can do wonders for your physical health? It boosts your immune system, and improves your cardiovascular health.

**7. You will find it easier to overcome challenges**

Challenges are always going to crop up in life. However, when you practice gratitude, you learn to see them more as opportunities. This helps you to overcome them much quicker and easier than you otherwise would.

**8. You’ll avoid burnout**

Practicing gratitude gives you a calmer, more relaxed mind. As it also reduces stress, you will avoid mental burnout.

**9. Greater life satisfaction**

One of the great things about gratitude is that it helps you to feel happier. You will feel a greater sense of life satisfaction with regular gratitude practice.

**10. You’ll feel inspired**

Gratitude is an excellent source of inspiration. You can use it to work out what you love, helping you to see where your efforts are well spent. When you approach life in an inspired way, you’ll instantly feel happier.