**5 Ways to Express Your Gratitude in Different Parts of Your Life**

When you are trying to lead a more grateful life, it’s important to focus on all areas of your life. Not sure where to start? Discover ways to express gratitude in different areas of your life below…

**1. Relationships**

* Give your partner a genuine, heartfelt compliment
* Acknowledge the small things your loved one does for you

**2. Work**

* Say thank you to your colleagues
* Show respect to the people in your workplace

**3. Family**

* Give a member of your family encouragement for something they are working towards
* Call a family member you haven’t spoken to in a while

**4. Health and wellbeing**

* Write down one thing that you are grateful for in terms of your health
* Start a gratitude journal

**5. Personal development**

* Commit to learning a new skill to make you a better person
* Write about how you have progressed over the past 5 years. What strengths do you have now that you didn’t have before?