**20 Ways to Express Gratitude During Times of Difficulty**

Going through a difficult time and finding it hard to be thankful? Here’s 20 ways to express gratitude during times of difficulty.

1. Start a gratitude list and write 3-5 things you are grateful for each day.

2. Do something nice for a friend or neighbor

3. Volunteer for a local charity

4. Reconnect with a friend you haven’t spoken to in a while

5. Write a letter of gratitude to yourself. Think about the ways you have grown over the past year and list what you are proud of.

6. Learn a new skill that could help you and your local community.

7. Donate food to a local shelter.

8. Compliment somebody on their skill, strength, or talent.

9. List the things that you have impressed yourself with lately.

10. Have a date with yourself. Schedule in time for you to pamper yourself and practice self-care.

11. Write a love letter to yourself. In it describe all of the things you love about yourself.

12. Treat yourself with something you really enjoy such as a soak in the bath or a manicure.

13. Add your favorite flowers to the home.

14. Write a list of the good things you have done for others over the years.

15. Compliment at least one stranger today.

16. Tell your kids you are grateful to have them in your life.

17. Share your gratitude through your social media platforms.

18. Start a gratitude blog and post regularly to inspire you and others to be more grateful.

19. Leave a nice review for a product you have purchased and enjoyed.

20. Send a handmade thank you card to someone you love.