**5 Tools to Use to Improve Your Gratitude**

**1. A Journal**

One of the best tools you can use to aid in your gratitude journey, is a journal. Starting a gratitude journal helps you to incorporate it into your daily routine.

Use the journal to write about the things you are grateful for. You can also create a daily gratitude list. A physical journal is best, but you could also invest in a digital journal if preferred.

**2. Gratitude Beads**

If you’re looking for a unique way to practice gratitude, beads are a wonderful idea.

You’ll need some quality string and different unique beads to add to it. Each bead should represent something you are thankful for. Whenever you need to, rub the beads to remind yourself of the things you are thankful for.

**3. Thank you cards**

Everyone loves to receive a card, especially if it is unexpected. Invest in a batch of thank you cards so you can send one whenever somebody helps you in some way.

**4. TEDx Talks**

The internet is great for finding gratitude inspiration. TEDx talks can be found on YouTube, or via the dedicated app. There are lots of speakers who focus on gratitude and living a more thankful life. Give one a watch whenever you need a little inspiration.

**5. Quotes/Affirmations**

Quotes and affirmations are other great tools you can use. These provide instant motivation and an attitude boost. There are hundreds of positive gratitude quotes you can find online. There are also apps dedicated to positive quotes you can sign up to.