



How to Practice Gratitude

sportwales
chwaraeoncyfwr



Keep a Gratitude
Journal



Take a 5-minute
Gratitude Break



Find Gratitude in
your Challenges



Practice in the
Moment Gratitude



Share the Gratitude
The Power of
THANK YOU!



Spend time with
Support Network



Tips to Practice Gratitude

sportwales
chwaraeoncyfwr

Keep a Gratitude Journal

Write down your positive thoughts!

Keeping a journal of the things you are thankful for



Practice Present-Moment Gratitude

Move through your day with awareness & be mindful

Think as you do something "I am grateful."

Take a 5-Minute Gratitude Break

Instead of feeling overwhelmed

Write down the things that you appreciate



Spend time with Your Social Support

Make intentional time to chat to each other

Remind those that you care about them

The Power of Saying THANK YOU!

It can strengthen relationships

It can make someone's day!



Be thankful for what you have; You will end up having more; If you focus on what you don't have; You will never have enough!