


Chapter 8: How to Begin Practicing Gratitude

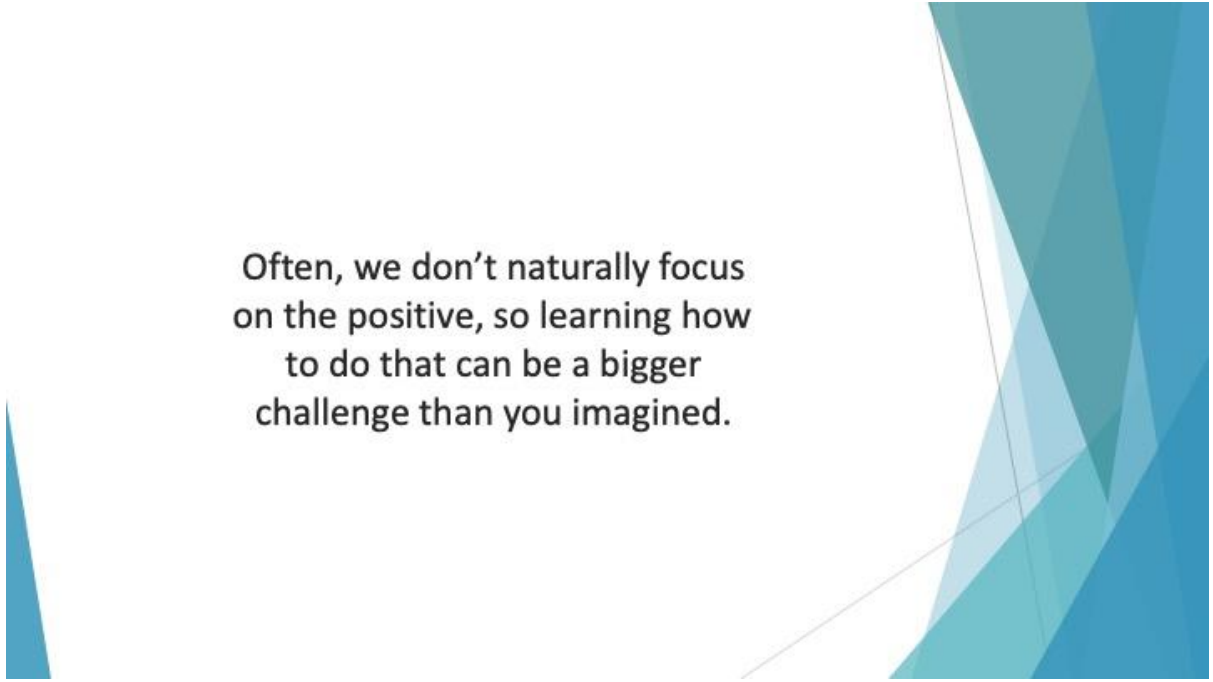


S1 : In this video, we'll talk about "How to Begin Practicing Gratitude"




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benefits of starting regular
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S2 : If you're convinced of the benefits of starting regular gratitude practice to transform your life, you'll need to know how to begin. It's very easy to say "be more grateful" but putting that into practice can be harder than it seems.


The image features abstract geometric shapes in various shades of blue. On the left, there is a small, solid blue triangle pointing upwards. On the right, there is a larger, complex shape composed of several overlapping, semi-transparent triangles in different shades of blue, creating a layered effect. The text is centered in the white space between these two shapes.

Often, we don't naturally focus
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S3 : Often, we don't naturally focus on the positive, so learning how to do that can be a bigger challenge than you imagined.




Here are some top tips
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Start Journaling



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S5 : Start Journaling

One of the best ways to reap all the benefits that gratitude can bring is to notice fresh things to be grateful for each day. One of the most effective ways to put this into practice is to start a gratitude journal.




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S6 : Gratitude journaling is effective because it can slowly change how you perceive situations. It adjusts what you're focusing on.



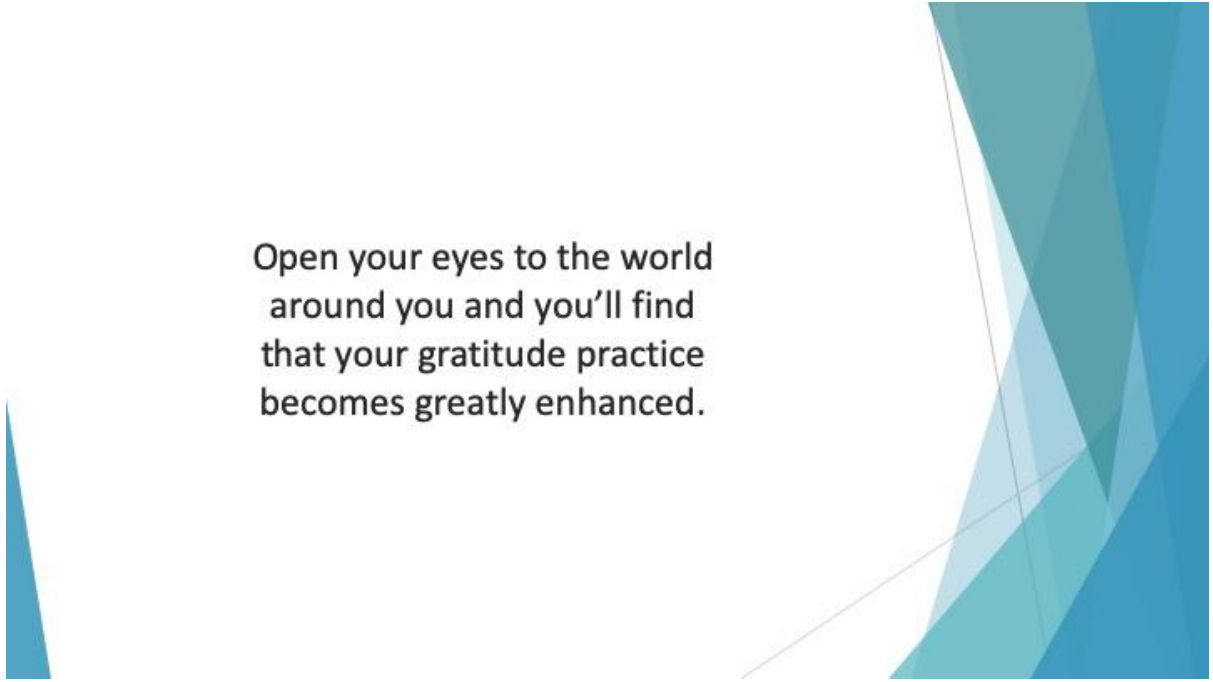
You're probably always thankful for having your family, for example, but if you simply write that each day your brain won't stay on alert looking for new things to feel thanks for.

S7 : You're probably always thankful for having your family, for example, but if you simply write that each day your brain won't stay on alert looking for new things to feel thanks for. Instead, get specific. Write exactly what you're grateful for about your family.



So, instead of just writing “I’m thankful to have my family around me” write “I’m thankful that my husband bought me flowers today to make me feel happy” or “I’m thankful that my sister asked me to come to hers for dinner tonight so I wouldn’t need to cook after my long day at work”.

S8 : So, instead of just writing “I’m thankful to have my family around me” write “I’m thankful that my husband bought me flowers today to make me feel happy” or “I’m thankful that my sister asked me to come to hers for dinner tonight so I wouldn’t need to cook after my long day at work”.


The image features a white background with several blue geometric shapes. On the left, there is a small blue triangle. On the right, there is a larger, complex shape composed of overlapping translucent blue triangles and polygons in various shades of blue and teal. The text is centered in the white space between these shapes.

Open your eyes to the world
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S9 : Open your eyes to the world around you and you'll find that your gratitude practice becomes greatly enhanced. Soon, you'll get a thrill out of noticing brand new things to feel thankful for every day.



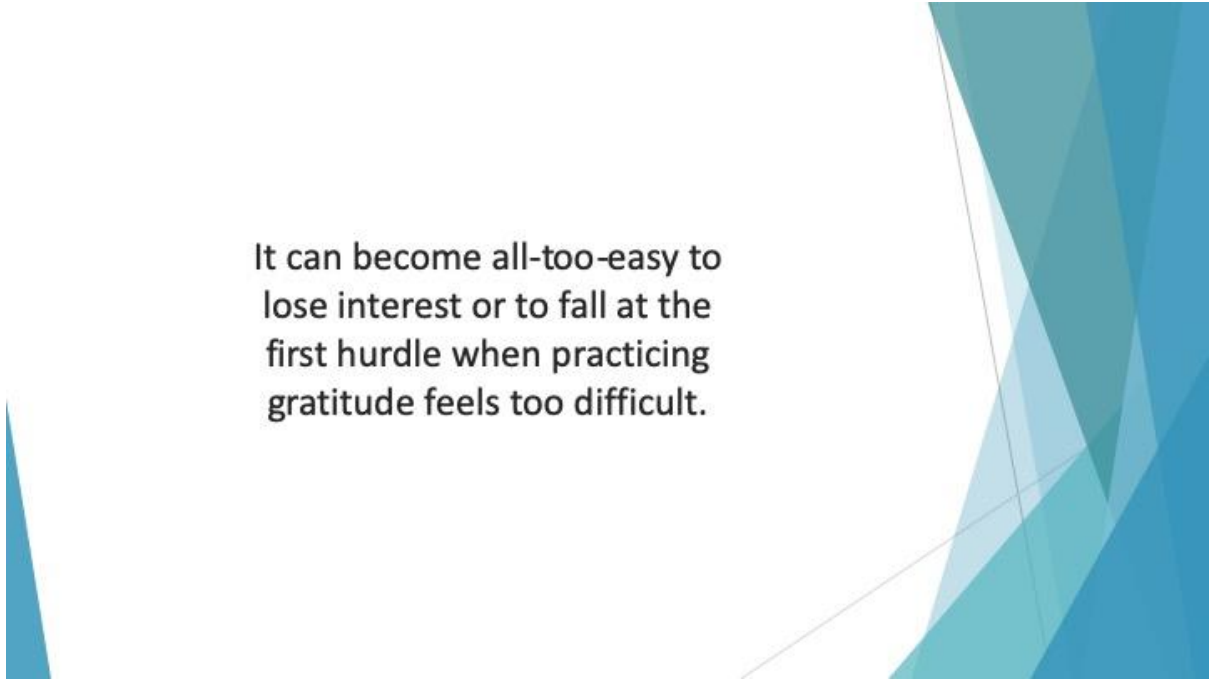
Try Mental Contrasting



If you're excited about all the benefits gratitude can bring that's a positive thing in itself, since it gives you a boost to begin making the changes that need to be made to invite the positivity into your life.


S10 : Try Mental Contrasting

If you're excited about all the benefits gratitude can bring that's a positive thing in itself, since it gives you a boost to begin making the changes that need to be made to invite the positivity into your life.

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It can become all-too-easy to lose interest or to fall at the first hurdle when practicing gratitude feels too difficult.

S11 : Yet, you need to maintain momentum too. It can become all-too-easy to lose interest or to fall at the first hurdle when practicing gratitude feels too difficult.



When you need to achieve something, using the mental contrasting technique can be just what you need to succeed.

S12 : When you need to achieve something, using the mental contrasting technique can be just what you need to succeed. Mental contrasting involves being optimistic about your new practice's benefits while also staying realistic about how challenging it might be to build that habit.

It's something that helps
you to put in more effort
when it's needed most.




S13 : It's something that helps you to put in more effort when it's needed most.

Recognize the obstacles in advance
that might get in your way.



S14 : Recognize the obstacles in advance that might get in your way.
Plan for them effectively.




If, for example, you know that you're exhausted just before bed, accept that it is not the right time for you to focus on your gratitude practice and, instead, reschedule it for a morning time.

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Try New Ways To Express Gratitude



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S16 : Try New Ways to Express Gratitude

Practicing gratitude needn't take the same form for everyone. In fact, learning how to be thankful is a deeply personal thing. So, don't feel limited to just journaling your feelings and thoughts. It might be a good place to start, but soon you might want to move on to try something different.




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S17 : Or, for some people, journaling might not have the desired effect at all. There are many creative and new ways of tracking the things you have to feel gratitude for.



Do you need some inspiration?
Simply take an empty jar and, every
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S18 : Do you need some inspiration? How about setting up a gratitude jar? Simply take an empty jar and, every day, write one thing you're grateful for and pop it into the jar. At the end of the year, you empty the jar and take another look at all the things you wrote.




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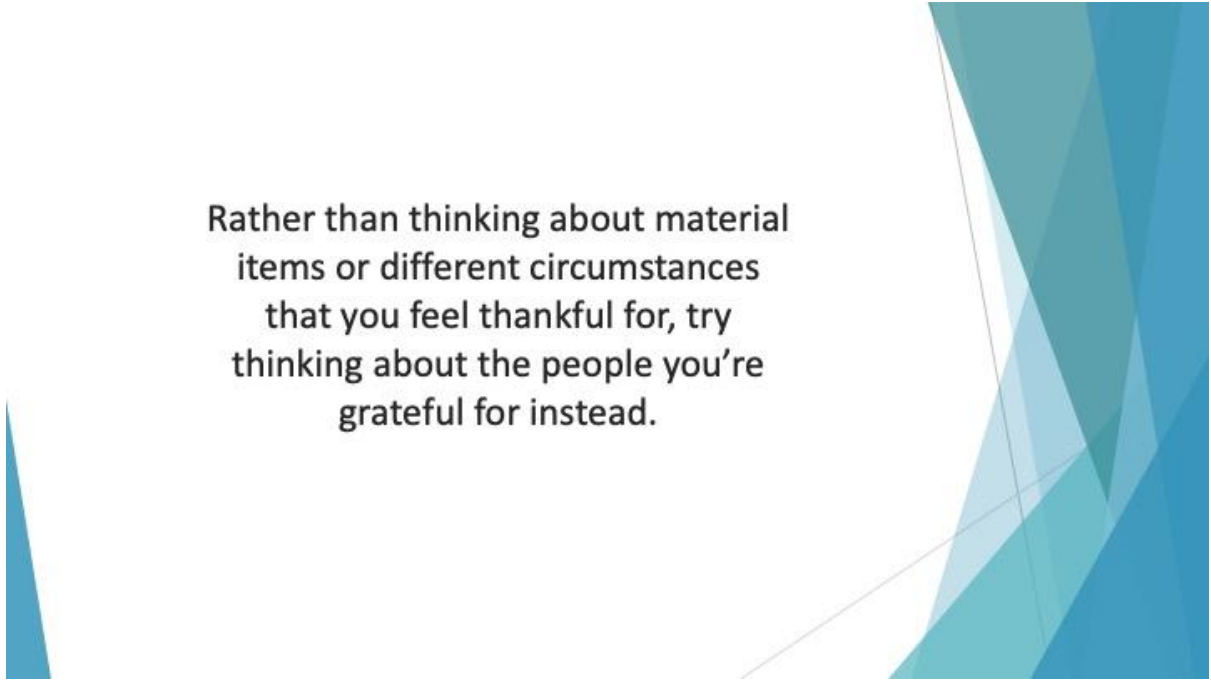
Taking Gratitude To The Social Level



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S20 : Taking Gratitude to the Social Level

The relationships that we form with other people lie at the heart of our happiness and satisfaction in life. Therefore, it makes sense to consider other people when building our gratitude.




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S21 : Rather than thinking about material items or different circumstances that you feel thankful for, try thinking about the people you're grateful for instead. This can enhance the benefits you experience.




You can take the social element
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S22 : You can take the social element of your gratitude to the next level by actually involving other people in your practice. Try writing gratitude letters to people who've have a positive impact on your life but who you've never said thank you to properly.



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When you involve other people in your gratitude practice, you spread the positivity, strengthen your relationships, and enhance your own well-being while also boosting others.

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