

A woman with long brown hair, wearing a red dress and a white hat with a red polka-dot band, stands in a field of tall grass and white flowers. She is holding a string of four large red balloons with white polka dots. The background is a soft-focus field of green grass and yellow wildflowers under bright, warm light.

# THE GIFT OF GRATITUDE

THE TRANSFORMATIVE POWER  
OF THANKFULNESS

## CHECKLIST

# **The Gift Of Gratitude Checklist**

## **The Gift of Gratitude: The Transformative Power of Thankfulness – A Checklist Guide**

If saying “thank you” is something that you only associate with holidays and gift giving, it’s time to recognize the gift of gratitude. Introducing gratitude practice into your everyday routine can help to transform your life and to make you feel better, both physically and mentally. Read on to learn more about how being more grateful can revolutionize the way you live.

### **What Does Gratitude Mean?**

We usually associate gratitude with saying “thank you” for a gift or for a service that someone provides us with. Yet, there is more to being thankful than that. We’re talking about being thankful for the little things in life that you otherwise may never notice. It can be all too easy to become overwhelmed by the major problems that you face in your life. However,

if you concentrate on the small things that are going well, you can begin to overcome negativity and enjoy a better quality of life.

## **The Benefits Of Gratitude Practice**

Introducing gratitude practice can help you in every aspect of your life. It can help to:

- Increase positivity and mental well-being
- Reduce your chances of developing mental health problems like depression
- Reduce your lifetime chances of developing a substance addiction
- Cope better with stress
- Boost your immune system
- Strengthen your relationships
- Make you more motivated and productive
- Raise your self-esteem

## **How Can I Use Gratitude Practice To Improve My Psychological Well-Being?**

20% of people today will suffer from some type of mental health disorder in their lifetime. Problems like stress, anxiety and depression are more commonly seen than ever before. However, introducing gratitude practice into your daily routine can help in several ways.

- It rewires the way your brain works. When you focus on positives such as the things that you feel grateful for every day, it can cause actual changes in the neural structures inside the brain. Serotonin and dopamine are released too that make you feel happy, and the brain's reward center becomes activated to make you feel happier overall.
- Daily gratitude practice helps to reduce the levels of cortisol (the stress hormone) that your body releases. This means that you feel calmer and more positive.
- Low self-esteem is a trigger factor for depression and anxiety. Gratitude practice each day helps to boost your self-esteem and, so, ward off these mental health disorders effectively.

## **How To Use Gratitude Practice To Boost Your Physical Wellness**

Not only can daily gratitude practice help your mental health, it can also improve your physical wellness too.

- You'll sleep better. Evidence shows that if you take some time each day to feel grateful you'll enjoy better quality of sleep and feel better and more rested the next day. Since sleep is essential to repair your body, you'll become physically more resilient to disease.
- As gratitude practice helps to reduce your body's cortisol levels, it has a positive effect in reducing stress. Stress impacts negatively on your immune system, so feeling more thankful can help boost your immune response and make you more able to ward off illnesses.



- Daily gratitude practice stimulates the body to produce more endogenous opioids so you'll suffer from fewer aches and pains.
- Gratitude can even lower your blood pressure and improve your heart health by reducing your stress levels and, thus, your body's natural response to stress that can harm your heart and cause hypertension.

## **How To Use Gratitude Practice To Improve Your Social Life**

Daily gratitude practice can even help to improve your social life and strengthen your relationships:

- By eliminating negativity, you become a more positive person that people want to spend time around.
- By showing thanks to your loved ones for the things they do you begin a positive feedback loop that strengthens your personal relationships.
- You'll attract more people into your social network thanks to your new uplifted, positive vibe.

## **How To Use Gratitude Practice To Boost Your Career**

Gratitude practice can even help you to achieve your career goals.

- Gratitude makes you feel more energetic and motivated. You'll, therefore, be more able to reach the goals that you've set for yourself in the workplace.
- You'll forge a stronger network of working relationships thanks to your new positive attitude.
- You'll become a better leader by saying thank you more often and showing gratitude for the things your team achieve.

## **How To Begin Practicing Gratitude**

Now you know the benefits of gratitude, but how do you go about putting a daily gratitude practice into effect?

- Try journaling – writing down the things you feel grateful for each day.
- Implement mental contrasting – be realistic about how hard it will be to achieve the goals you set for yourself and plan to avoid the potential pitfalls.
- Try expressing your gratitude in different ways. Perhaps write a letter to a loved one to say thank you, or create a gratitude jar.

## **How To Feel Grateful Even When There Seems To Be Nothing To feel Grateful For**

Sometimes, it can seem as if there's nothing to be grateful for in life. If everything is going badly and you feel overwhelmed, how can you begin to find things to be thankful about?

- Start small. You could be grateful for something as small as the sun shining or hearing a bird sing outside your window.
- Think about other people rather than focusing on yourself. Volunteer, help a charity or even just watch the news and feel thankful that your life isn't as bad as those of some of the people you see on the TV.
- Begin by only writing a very short list of things you're grateful for. Try to find just one thing at first, then progress towards three.

## **How To Do Your First Gratitude Practice Step By Step**

If you're ready to embark on your first gratitude practice, follow these steps:

- Commit to the idea that you're going to do a gratitude practice every day.
- Commence your practice. Physically sit down at your laptop or with a notebook and pen.
- Begin writing your gratitude journal.
- Actually feel the gratitude for the things that you have written.
- Share your grateful thoughts with another person, either verbally or in written form.

If you implement gratitude practice into your life, you'll find that you can feel better, live better and achieve more. Essentially, feeling grateful can transform your life!