

4 Ways to Express Gratitude Today

Improve your happiness and well-being by expressing gratitude! Here are 4 ways to get started.



1. Keep a gratitude journal.

If you want a daily dose of perspective, a gratitude journal can help you focus on the great things you have in your life. Every day, write down three things you're grateful for, whether it's the sunny weather, having a thoughtful spouse or the sound of your child's laughter. After doing this for a few days, you'll become more mindful of the blessings in your life.

2. Write a note.

Personal notes only take a minute to write, but their impact lasts much longer. Write a note to a person who has had an impact on your life to thank them for their help or kindness. It's a kind gesture that is sure to make someone's day.

3. Say 'thanks.'

It sounds obvious, but a simple 'thank you' acknowledges someone for their help and makes them feel special, whether they held the door open for you or helped you with a challenge at work.

4. Pass it on.

When someone helps you, pay the kindness forward and help someone else. Give up your seat in a crowded room or bus, pay the toll for the person behind you on the highway, or help someone carry heavy groceries to their car. Not only will this brighten someone's day, it'll improve your mood as well.