



## 4 WAYS TO FIND GRATITUDE IN EVERYDAY MOMENTS

One of the greatest things about Thanksgiving is that it reminds busy people to be grateful. We literally stop to remember the people, experiences, and things we have to be grateful for with a turkey, friends, and family gatherings.

The people who don't celebrate Thanksgiving still benefit from the millions of people who are taking a day for gratitude giving.

The word Gratitude is beautiful. It has magic powers.

Gratitude helps people be more of themselves. No one can feel Gratitude and be angry, mad, or sad. It is impossible!

Gratitude heals the body, mind, and spirit.

Gratitude opens hearts.

Gratitude builds kindness.

The art of Gratitude requires very little effort, and it creates many blessings.

The emotion of Gratitude is innate;

The action of Gratitude is consequential and contagious.



When you make this a habit, you may find your whole perspective shifting to see the blessings around you more readily. Gratitude grounds us in the present, connecting us to others and ourselves in profound ways. It fills us with warmth that we can spread to those around us.

Gratitude has the power to transform our perspective and connect us more deeply to the joy in small moments. Here are four simple prompts to help you build a daily gratitude habit:

### **1. Morning Mantra**

Start your day on an uplifting note. Before you even get out of bed, name three things you're grateful for. They can be simple, like "this cozy blanket" or "my hot shower." Beginning the day by giving thanks sets the tone for appreciation.

### **2. Evening Inventory**

As you wind down for sleep, reflect on three good moments from the day, however small. This reminds you of the day's gifts. Recall specific details to relive the Gratitude.

### **3. Birds are reminders**

Every day, whenever you see a bird anywhere, bring to mind one thing, people, or experience you are grateful for. If you see three birds, find three things to be grateful for. This will help you remember how blessed you are regardless of all the problems you have at the moment.



#### 4. What Gets Celebrated Gets Repeated

On your next walk or commute, notice small delights - a flower blooming, the laughter of a child. Let these simple wonders soak into your spirit, cultivating Gratitude for the world's everyday blessings.

When you begin a practice of Gratitude, you will notice flocks of birds, generous people, and acts of kindness more than ever before. This is the Universe responding to your practice.

I invite you to join me in finding small moments each day to give thanks. What moment of grace or beauty can you notice today?