



# HEALTH AND WELLBEING CHECKLIST

Date 

13

## Daily Gratitude for Wellbeing

Practicing gratitude daily enhances mental health, reduces stress, and fosters positivity. Use this checklist to build a gratitude habit.

### Start a Gratitude Journal

- Write down 3 things you're grateful for each morning or evening to set a positive tone.
- Tip: Be specific, like "I'm grateful for the laughter I shared with a friend today."



### Reflect on Challenges

- Identify what you've learned or gained from difficult situations to reframe them positively.
- Example: "That setback at work taught me patience and problem-solving skills."



### Express Gratitude to Others

- Thank a friend, colleague, or loved one in person, through a note, or via text to strengthen relationships.
- Tip: Include details about why you're grateful to make your message more meaningful.



### Use a Gratitude Jar

- Write your daily gratitude on slips of paper and collect them in a jar to revisit later.
- Tip: Read the notes at the end of each month or year to reflect on your blessings.



### Focus on Small Joys

- Appreciate simple moments like a good meal, a sunny day, or a kind gesture.
- Tip: Take a photo or write a quick note about these moments to capture them visually or in writing.



### Practice Gratitude During Meals

- Pause before eating to acknowledge your food and its journey to your plate.
- Tip: Say a brief gratitude statement, like "I'm thankful for the farmers and workers who made this meal possible."



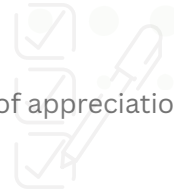


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### Incorporate Gratitude into Meditation



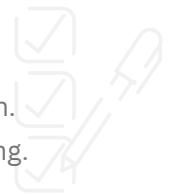
- Reflect on what you're thankful for during mindfulness practice to deepen your sense of appreciation.
- Tip: Pair gratitude with deep breathing, focusing on a specific person, place, or event.

### Share Gratitude at the Dinner Table



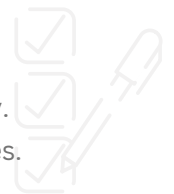
- Ask family members to share something they're thankful for each day to foster connection.
- Tip: Make it a daily ritual to build a culture of gratitude within your household.

### Use Gratitude Prompts



- Respond to prompts like "I'm grateful for someone who inspires me" to spark reflection.
- Tip: Rotate prompts weekly to keep your gratitude practice fresh and thought-provoking.

### Review Your Gratitude Journal Monthly



- Reflect on recurring themes and patterns of appreciation to notice what brings you joy.
- Tip: Highlight entries that made a significant impact and revisit them during tough times.



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