

# 6 GRATITUDE TIPS

Practice gratitude every day for better well-being!



## 1 TAKE A MOMENT

Think about the positive things that happened during the day.



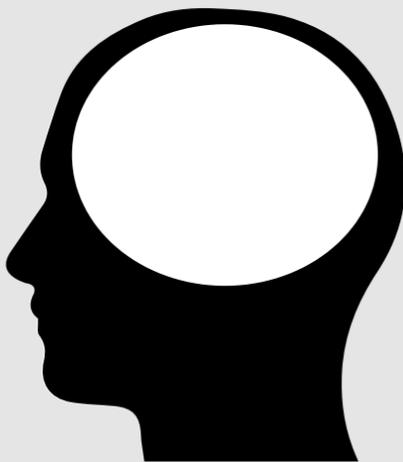
## 2 JOURNAL

Make a habit of writing down things you're grateful for. Try listing several things.



## 3 SAVOR EXPERIENCES

Try to notice positive moments as they are happening.



## 4 RELIVE THE GOOD TIMES

Relive positive moments later by thinking about them or sharing them with others.



## 5 WRITE TO SOMEONE

Write a letter to someone you feel thankful toward. You don't have to send it.



## 6 MAKE A VISIT

Tell someone you're grateful for them in person.

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