

## **Gratitude - November 2022 - Week 3 Notes**

### *Developing your own Gratitude Ritual*

Creating a gratitude ritual can be tough, just as starting any new habit can be difficult to stick with at first. Like most other practices, the more you do it, the easier it will get.

Try these tips to help you cultivate a fulfilling and impactful gratitude ritual:

- 1) Sit comfortably, close your eyes, and take several slow, deep breaths.
- 2) Think of something good that has happened to you recently.
- 3) Think of a person or animal you love.
- 4) Think of an occasion when you were honored or appreciated by others.
- 5) Think about your present situation and what is going on in your life.