



Growing Grateful
Kathleen Webb, PsyD

Grateful Definition: the quality of being thankful, a readiness to show appreciation for and to return kindness. (dictionary.com)

We understand that gratitude is more than just being thankful.
It's a practice.

IMPACT

It is a mindset, it's an action.

It impacts how you view the world and others.

It impacts how you feel.

PRACTICE

How do you practice being grateful?

1. It must first be a conscious process.
2. Explore ways to engage in your awareness of what you appreciate:
 - Prayer
 - Journaling
 - Meditation
 - Write cards to loved ones
 - Be in the moment (observing)
 - Communicate your appreciation to others

BENEFITS

- Helps you keep the noise out (distractions)
- Creates more focus on what you value
- Improves your mood- brings about joy more easily
- Once it's a habit, gratitude becomes more automatic

How are you going to practice gratitude?