

GRATITUDE

A way of fostering pleasant emotions

Gratitude has been highly related to psychological well-being, mood and life-satisfaction
Gratitude is defined as a life orientation or worldview towards **noticing and appreciating the positive in life**; a state of fulfillment while enjoying and valuing **the trajectory** more than the result itself.

Gratitude towards other people

Expressing Gratitude

Focus o what we have (tangible and untangible)

TYPES

Gratitude of the positive aspects of the present moment

Feelings of awe (by surrounding, food, nature...)

Appreciation from understanding nothing is permanent (life is short)

Positive feelings arising for appreciation of how life could be worse

As well as overthinking an worrying are mental habits that we train, gratitude is also a **mental habit**. Noticing and appreciating life is a habits we can **TRAIN**.

GRATITUDE CONTEMPLATION

Take 5m to write things you were grateful for in the last 2 months

GRATITUDE LISTS

Every day, when you find it more convenient, write **three things** in detail for which you are grateful. Then write **why** did they happen. Maybe you influenced that situation, maybe it was due to a close relative or maybe due to the beauty of your neighbourhood...
Take some minutes to reflect on them. Maybe at the start it can be difficult, the important thing is **trying to write them**.

MENTAL SUBTRACTION OF POSITIVE EVENTS

Instead of listing things you're grateful for, imagine your life without them. This method helps you appreciate what you have by considering an alternate reality where key blessings never happened.

HOW?

EXPRESSING GRATITUDE

Write a letter to someone you are grateful for, go visit him and read it in person. If you are not comfortable with it, you can text the person, send them a voice message or just try to show them how you are grateful for them.

maybe the amount of extraordinary things that happen in your life

depends on what you notice

