**Three Simple Ways to Cultivate Gratitude**

Taking time to appreciate what — and who — we have in our lives has many benefits. In our daily life, we can practice three mindfulness tips for growing feelings of gratitude.

Finding time to practice gratitude in small ways throughout our day enables us to [work through difficult emotions](https://www.mindful.org/gratitude-changes-brain/) and find greater balance.

Along with enhancing our personal lives, gratitude can also improve our [performance at school or work](https://www.mindful.org/three-surprising-ways-gratitude-works-work%E2%80%A8/) by helping us get more sleep, improve our work environment, and contribute more constructively to our mission and values.

The first step will be to identify things that you’re grateful for and do this on a daily basis. You can do this when you’re going to sleep or waking up. You can begin a journal for your gratitude practice. Explore this practice and notice the positive impact it can have for you.

Take a moment to pause and settle, perhaps take a few slow, deep breaths. Then work through three simple ways to reflect on what you appreciate to grow your sense of gratitude.

**1) Tap into 5 things that you are grateful for**

**2) Get inspired**

Think of at least one person right now who you are appreciative or grateful for having in your life, as an inspiration in some way. Settle into thinking: “What is it about this person that I am actually appreciative of?” Allow yourself to feel that.

**3) Grow grateful feelings**

Set the intention to text, email, message, or call that person today to share with them what it is about them that you’re appreciative of, or just to let them know that you’re appreciative for having them in your life.