

SUPERCARGE YOUR GRATITUDE PRACTICE

There's no one way to *practice* gratitude, but there are ways to *enhance* it. Below are ten #myndly tips to consider:

01	Use a notebook or a Gratitude Journal (don't just keep it in your head) – having a physical record is crucial. Much of the benefit of practising gratitude comes from putting pen to paper, so write it down.
02	Be as specific as possible – note the details of a person, event, or object you're grateful for. Include what happened, with whom (or what), when, and how.
03	Keep it varied – your brain adapts quickly, so try and think of different things you're grateful for, or consider alternative perspectives.
04	Try subtraction, not just addition – contemplate what life would be like without something or someone (not just what you have).
05	Savour the moment – extend the positive feelings by experiencing them with all your senses and engaging with them, expressing gratitude for the experience.
06	Mix it up – if you find yourself repeatedly grateful for the same thing(s), explore different reasons for your gratitude.
07	Find a rhythm that works for you – research suggests that journaling every day isn't necessary to reap its benefits, but consistency is key.
08	Be present during your practice – emotions are heightened when we're in the moment. Consider using a breathing technique to anchor yourself in the present, or try a gratitude meditation.
09	Express gratitude to others – write them a note and deliver it in person. Try to be there when they read it to witness their reaction firsthand.
10	View the good things in life as gifts – This recommendation draws from the work of Robert Emmons, one of the world's leading scientific experts on gratitude. Emmons emphasises that cultivating a grateful mindset involves perceiving the positive aspects of life as gifts rather than entitlements.