

A GRATITUDE CHECKLIST

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During times of adversity, such as the COVID-19 pandemic, a lens of gratitude is critical to sustain a hopeful outlook. Below is a list of gratitude practices to enhance your well-being during this holiday season.



“Three good things” each day.

Write down three good things at the end of each day – they can be big or small things – that made a positive difference in your day.



Gratitude Journal.

Take a few moments throughout the week to write down experiences or moments of gratitude that happened in your life.



Gratitude Letter.

Write a letter to someone expressing thanks and share your appreciation to them. Challenge yourself to read your letter to them over Zoom or in person, socially distant, as a deliberate way to share your feelings of gratitude.



Mindful moment of gratitude.

Take this moment to focus on the goodness in the world and in your life. Be present and observe a positive experience such as an invigorating run, hugging your child, eating a ripe fruit, or an experience at work that went well.



Send 5 gratitude cards the week of Thanksgiving.

Select 5 people that have made a positive difference in your lives sometime in the past year. During the week of Thanksgiving, send 5 cards in the mail to these special people to express your deep appreciation.



Gratitude Jar.

Find a jar and several slips of paper. At the end of every day, write down one or two blessings/experiences of gratitude to get in the routine of focusing on gratitude.



Gratitude Walk.

Take a walk and make special intention to appreciate your surroundings.



Simply say, “thank you.”

Keep your eyes open throughout the day and find reasons to say “thanks” to someone.