



Daily Reinforcement: Gratitude for Others

Time: 5 minutes

The practice of finding gratitude doesn't just involve being grateful for the things in your life. It's also about the people you engage with. This daily reinforcement focuses on finding gratitude for someone who's had an impact on you in your life.

Step 1

Identify a person in your life for whom you're grateful. Select someone who is still alive (you'll understand why in the next step). Make a list of all the reasons why you're grateful for this individual.

Step 2

Call or send a written note to thank this person for being in your life. Make sure to highlight the many reasons why you're grateful for them.

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