

A simple gratitude practice

I find it easiest to do a gratitude practice at the end of day. You can remind yourself by placing a “cue to action” next to your bed such as a 5-pointed star that glows in the dark. When you turn out the light at night, you will see the star and be reminded to think of 5 things you are grateful for.

It's even more effective if you focus on fewer things you're grateful for but savor them longer. So, instead of 5, consider 1 or 2 things, places, people, or moments you are grateful for. Savor them. Bring to mind details, e.g. how it felt when you were there, what you saw, heard, smelled, etc. Linger for 20 or more seconds; let it soak in. Putting your hand on your heart may help keep your attention on the good memories and feelings.