

# 10

## GRATITUDE CHEAT SHEET

1

GIVE GENUINE HEARTFELT COMPLIMENTS TO OTHERS

2

GIVE DETAILS WHEN YOU SHOW APPRECIATION.

3

STOP YOURSELF FROM COMPLAINING AND INSTEAD THINK ABOUT YOUR BLESSINGS

4

BE PATIENT EVEN WHEN THINGS ARE NOT GOING YOUR WAY

5

GIVE YOURSELF TIME TO ENJOY YOUR BLESSINGS

6

WRITE LOVE LETTERS, APPRECIATION AND THANK YOU NOTES,

7

SHARE IN THE JOYS AND SUCCESSES OF OTHERS

8

KEEP A JOURNAL OF YOUR BLESSINGS

9

PAY IT FORWARD

10

BE GENEROUS