PRACTICES TO LIVE LIVES OF GRATITUDE

Overcome negativity

1. Be intentional about not starting the day with listening to the news, but instead meditate in silence for at least 10 minutes, or go on a walk-in-mindfulness.
2. Set time limits on our news reading or watching or commit to reading one meaningful story a day instead of a slew of dire headlines. Or choose specific sources from which to get our news.
3. Tune into specific feelings we get when we consume a lot of heavy news and identify triggers we can look for to tell us when it's time to turn off the firehose.

Bridling the tongue

1. Before saying something, think, is this true? It may be your opinion, but can you claim that it is true?
2. Is it helpful? Will me saying it be helpful to a situation?
3. Is it kind? Even if I'm offering a corrective, does it honor the person's dignity and acknowledges that they too are created in the image of God?

Practicing gratitude

1. Take account of something we are grateful for each day: a person, an experience, a thing. Practice gratitude in prayers.
2. See differently. Develop "soft eyes" – look for the good in the world around you, in history, people and actions that have made the world a better place.
3. Join with other grateful people and commit to practicing gratefulness as a way of life.