Our relationships with others are the greatest determinant of our happiness. So it makes sense to think of other people as we build our gratitude.

*It is a fact that people who regularly practice **gratitude** by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems.*

15 Ways to Practice Gratitude Each Day

1. **Say thanks with a random act of kindness to everyone you encounter on a daily basis.**
2. **Send a thank you card to someone who inspired you.**
3. **Thank your mom and/or dad.**
4. **Cook a meal for someone that's tired or stressed.**
5. **Go one day without complaining.** ***This is harder than it seems. Go by the mantra "if you have nothing nice to say, don't say it at all".***
6. **Take a photo of something you are grateful for today.**
7. **Start a gratitude journal.** ***Today I am grateful for...***
8. **Make a gratitude jar.** ***Starting today write good things that happen to you on little pieces of paper (i.e. "LOL" moments, memories worth saving, daily blessings, accomplished goals, the beauty of nature etc.). Then at the end of the month open the jar and read all the amazing things that happened to you that month.***
9. **Build a gratitude board with relevant postings. Consider this quote by Oprah Winfrey** ***"The single greatest thing you can do to change your life today would be to start being grateful for what you have right now".***
10. **Donate items you no longer need.** ***First recognize how blessed you are to have the things that you do, then drop off your items to someone that will appreciate them.***
11. **Lend someone a book or movie you love.**
12. **Pay for someone's meal or coffee if you are financially able to.**
13. **Give a larger tip than usual.**
14. **Be an active listener.** ***Show your gratitude to others by really listening to what they have to say. Just be there.***
15. **Be respectful. Maintain standards of etiquette in your day-to-day interactions with strangers. Be mindful of how your actions impact others.**

Practice gratitude, encourage happiness and share the love. National compliment day is **January 24th**. Share your appreciation!

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