

Gratitude: 'A feeling of Amazement, Acknowledgement and Appreciation for Life'

These are 7 things you could do to use gratitude as a strategy to become happier:

1. Go for a walk and try to look for things that **amaze** you. You could look for structures that you find in nature (the way a leaf looks up close), in buildings (how pretty a particular part of a building looks) or people (how they move, the words they use).
2. Think about the ways in which you are **fortunate** in comparison to someone else. Which things in your life are better than in theirs?
3. Whenever something negative happens, take some time to actively also think about how you could **interpret this positively**. For instance: If your sister does not call you for your birthday, you could think: 'I am certain that she loves me anyway'.
4. Write a letter to someone that you are **thankful** for. Your mother, your old teacher, a friend. Tell them what it is exactly that you want to thank them for. Actually sending the letter makes you even happier than only writing it.
5. Write down 5 things that make you feel **rich**. These can be related to money, but also to a broader sense of feeling rich. Do this once every week.
6. Spend time to really **enjoy nice things**. Make yourself a cup of tea and spend 10 minutes holding it, feeling the warmth, smelling the tea, tasting the taste etc. You can also do this with a nice meal, or when being outside.
7. Do **not take things for granted**. Actively appreciate small and mundane things such as the fact that you have a house, the sun is shining or you can wear your favorite sweater.

Of course there are many more ways to be grateful. Be as creative as you like!

These are the 8 ways in which gratefulness makes you happier

1. When you are grateful, you enjoy the positive things in life more
2. Being grateful is good for your self-esteem and self-confidence
3. Gratefulness helps you to deal with stress and trauma
4. Being grateful stimulates moral behavior
5. When you are grateful it is easier to stimulate relationships
6. Being grateful makes you less jealous / envious of others
7. You cannot be grateful and experience negative emotions at the same time
8. Gratefulness helps against hedonic adaptation