

# WAYS TO Practice Gratitude Today

BROUGHT TO YOU BY THE Brightside Bear

BE GRATEFUL FOR  
THE PRESENT  
MOMENT

FILL A PAGE  
WITH  
GRATITUDE

FOR THE COMPLETE ARTICLES ON  
GRATITUDE INCLUDING DETAILED  
PRACTICES VISIT  
[WWW.BRIGHTSIDEBEAR.COM](http://WWW.BRIGHTSIDEBEAR.COM)

REFLECT ON  
BLESSINGS IN  
DISGUISE

WRITE A THANK  
YOU NOTE

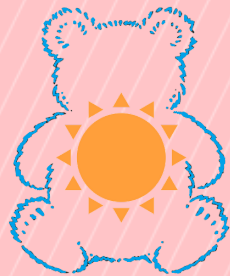
WRITE THREE  
THINGS YOU ARE  
GRATEFUL FOR  
EVERYDAY

CALL SOMEONE  
YOU ARE  
GRATEFUL FOR

GO 24 HOURS  
WITHOUT  
COMPLAINING

SAY "THANK  
YOU" AT EVERY  
OPPORTUNITY

GET INVOLVED WITH  
A CAUSE YOU ARE  
PASSIONATE ABOUT



HAVE A GRATITUDE  
DATE WITH A FRIEND!  
NO COMPLAINING OR  
GOSSIPING ALLOWED



MADE WITH LOVE JUST FOR YOU! BE SURE TO  
STAY CONNECTED TO @BRIGHTSIDE\_BEAR  
AND SIGN UP FOR EMAILS TO BRING MORE  
POSITIVITY INTO YOUR LIFE!