

# 4 Ways to Practice Gratitude

## Keep a Gratitude Journal

Take a moment each day to jot down three things you're grateful for. It can be as simple as a smile from a stranger or a beautiful sunset.

## Express Your Thanks

Don't hesitate to tell the people in your life that you appreciate them. A heartfelt "thank you" can go a long way.

## Appreciate the Little Things


Take a moment each day to savor the little things in life. It could be your health, your loved ones, or even a cup of coffee in the morning.

## Act of Kindness

Spread gratitude by performing acts of kindness for others. It's a wonderful way to not only express thanks but also to inspire a cycle of goodwill.



KORI'S KITCHEN

 let's get cooking