

#CURATE *your* HAPPY

HAPPY TASK – DAY 2: ATTITUDE OF GRATITUDE

“GRATITUDE IS A POWERFUL CATALYST FOR HAPPINESS. IT’S THE SPARK THAT LIGHTS A FIRE OF JOY IN YOUR SOUL.”

- Amy Collette

Gratitude is more than a “thank you.” It’s a whole attitude of appreciation and understanding that what and who you have is enough. What’s more, showing gratitude is beneficial to your overall health and well-being because it improves your psychological and physical health, opens the door to more positive relationships and boosts your self-esteem.

I created the below checklist with the sole purpose of helping you to flex your attitude of gratitude. Make it your greatest priority to check off all of these activities over the next six days and watch how they will transform you!

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- ✓ **Say “THANK YOU”** – Saying “thank you” is one of the first things our elders taught us as children, but as we’ve grown into adulthood, there are a lot of things, and people, we take for granted. Take a moment today to send personal thank you notes to those who help you the most.
- ✓ **Give Compliments** – A little compliment goes a long way. Make someone’s day, and yours, by celebrating the little things (e.g. great hairstyle, beautiful eyes, positive spirit, job well done, etc.) that make others shine.
- ✓ **Listen** – Sometimes all people need is a listening ear and a shoulder to lean on. Make yourself available to be attentive to someone else’s needs and show appreciation to them for trusting you with their feelings and emotions.
- ✓ **Really Congratulate Someone** – It’s easy to say, “CONGRATS,” but it’ll mean much more if you add a little encouragement to the accolade. Go the extra mile and say more than the usual one word celebration. You won’t regret it!
- ✓ **Be Warm and Give a Hug** – Sometimes, it feels like we live in a hard, cold world, but a friendly and genuine hug can be as warm as the sunshine in someone’s day.
- ✓ **Lessen a Load** – One of the best ways to show gratitude is to do something to help someone out. Offer to pay for a lunch, babysit for a friend, or run an errand. However you help, you’ll definitely make someone’s life easier.
- ✓ **Write a Love Letter** – It’s safe to say that sometimes life gets in the way of feeling loved and appreciated in romantic relationships. Step out of the lane of hum-drum hearts and write a sweet love letter to your significant other.
- ✓ **Pay it Forward** – You are blessed to be a blessing. Prove that by performing a random act of kindness for a total stranger or someone you love.
- ✓ **Give of Your Time** – One of the best ways to show gratitude is to volunteer your time, service or zone of genius to help others. When you give of yourself to those in need, it helps to put a lot of things into perspective for your own life.
- ✓ **Apologize** – This one is simple... Own your sh*t and say, “I’M SORRY!”

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JOURNAL REFLECTION

Make a list of at least 10 songs that make you the happiest and explain why. After you've completed your list, hop over to your favorite music streaming service (e.g. Pandora, Spotify, Apple Music, Tidal, etc.) and create a playlist of these songs so that they can be played as a source of motivation for you throughout our journey together.