

21 Great Ideas to Practice Thankfulness

The practice of thankfulness helps us to focus on the positive parts of our lives. Thankfulness also helps us to see the great ways **God blesses us every single day.**

1. **Thank a Teacher.** Write a note and consider sending a gift card to a local coffee shop to your child's teacher.
2. **Desserts for Trash Collectors.** Bag up some homemade desserts for the individuals who collect garbage each week.
3. **Keep a Gratitude Journal.** Write down one or two things each day you're thankful for.
4. **Treats for Your Mail Carrier.** Put a plate of cookies in your mailbox as a surprise for the person delivering your mail.
5. **Focus on Technology.** Take a minute and think about the technology that improves your life. Share with your family the technologies you're most thankful for.
6. **Share a book.** After you've read a good book, share it with someone who will also appreciate it.
7. **Spend a few minutes each morning thanking God for a new day.**
8. **Slow down and actually notice the people and beauty around you.** Breathe.
9. **Pay it forward.** Buy a coffee for the person behind you in the drive-thru lane.
10. **Write a thank you note to your spouse.** When was the last time you thanked them for putting up with you? :-)
11. **Tell your kids thank you for doing their chores.** A heartfelt thanks goes a long way in shaping their attitudes.
12. **Take a walk.** Leave your phone behind and get outside. Appreciate the view when you aren't staring at a screen.
13. **Take some homemade goodies to an elderly neighbor.** When dropping them off, take some time to listen. Be grateful for their wisdom and years of living.
14. **Thank a custodian.** Whether in the mall or at church, thank someone who's cleaning behind the scenes. Their work often goes unnoticed.
15. **Make up a song or poem.** Use your creativity to thank God and those around you.
16. **Thank your boss.** He or she would love to get a note or email telling them how grateful you are for their leadership.
17. **Be an active listener.** Make eye contact. Put down your phone and be present.
18. **Leave a good tip.** A server will know you appreciated their service when you leave a generous tip.
19. **Donate to charity.** Too much stuff? Consider donating to a local women's shelter or food closet.
20. **Volunteer.** Volunteering to help others is a great way to appreciate what you have.
21. **Give a genuine compliment.** Show your appreciation for others by letting them know what it is you admire about them.