



PROJECT: GET IT DONE TOGETHER

A Simple Mindful Gratitude Exercise

Building your capacity for gratitude isn't difficult. It just takes practice. The more you can bring your attention to that which you feel grateful for, the more you'll notice to feel grateful for!

Top researchers did a study comparing brain activity in people who wrote letters expressing gratitude to those who did not write letters expressing gratitude. The letter-writers showed greater neural sensitivity in the medial prefrontal cortex, a brain area associated with learning and decision-making—and the positive effect was consistent three months later.

Simply expressing gratitude can have lasting, positive effects on the brain, and practicing gratitude can lead to greater sensitivity to the experience of gratitude in the future. And that bodes well for everyone!

Here are two quick tips to start expressing more gratitude in your day-to-day:

1. Start by observing. Notice the thank you's you say. Is your use of saying "thank you" just a habit? Is it an afterthought? How are you feeling when you express thanks in small interactions? Do a quick scan of your body—are you already physically moving on to your next interaction?
2. Pick one interaction a day. When your instinct to say "thanks" arises, stop for a moment and take note. Can you name what you feel grateful for, even beyond the gesture that's been extended? Then say thank you.