

# DAILY GRATITUDE

A woman with long blonde hair, wearing round sunglasses and a white lace-trimmed top, stands on a rocky shore with her arms raised in a gesture of joy or gratitude. She is smiling broadly. The background is a vast ocean under a bright, golden sunset sky. The entire image has a warm, yellow-orange color cast.

*How to feel more grateful everyday*

# DAILY GRATITUDE

## Gratitude: Wake up happy!

Do you want to feel more happiness and joy in life? Are you tired of working hard and feeling unfulfilled?

Practice these 3 tips **before you get out of bed in the morning** to feel more gratitude and happiness in your everyday life.



### 1. Quietly Express Gratitude

*Think about who you are grateful for, how magically your body works to get you places, or how much you enjoy experiencing your favourite things. e.g. I am grateful the sun is shining.*

### 2. Say Something Kind (to yourself)

*Say something kind to yourself. We are good at being kind to others but sometimes need to be reminded to be kind to ourselves. e.g. Time to rise and shine.*

### 3. Just Smile

*Welcome a gentle smile that solidifies the gratitude and kindness you just gifted yourself. e.g. 😊*

Full blog post available at:  
[www.myhappinesscoach.ca/blog](http://www.myhappinesscoach.ca/blog)





**“Wake up with a  
grateful heart”**

*- My Happiness Coach*