

MY LIFE-FIT HABITS GRATITUDE

What are some ways to increase your **gratitude**?

Research reports that being more grateful can lead to increased levels of well-being and improve your life satisfaction and increases our happiness.

How to use **gratitude**?

Think of someone in your family who has been especially kind to but may have never heard you express your gratitude

Now take ten minutes to write a letter of thanks to that person. You do not have to worry about your spelling and grammar (no one else needs to ever see it)

How can I write a letter of **gratitude**?

Take time to think back over your life and remember an instance when someone did something for you which you are extremely grateful.

How to write a **gratitude letter**?

1. Write as if you are speaking to the person. But it might help to start with "Dear..." and finish with "Yours sincerely..."
2. Tell this person in the letter why you are so grateful for what this person has done and how this has affected your life
3. Describe what you are doing now and how you often remember their efforts.
4. Although you can show or give this letter to anyone you please, you do not have to. This is a chance for you to express your gratitude freely without anyone else needing to see it.

Try this Life-Fit **Gratitude Challenge**

1. Start a Gratitude Journal. Each day, notice three things you are grateful for. For example, the fresh fruit in your lunch box, the kindness of your teacher, someone driving you to sport after school. Write these down every day for one week.
2. Every day for one week, ask a family member or a friend what they are grateful for. Ask a different person each day.

How to get extra help to **boost** your health and well-being

Try our other tip sheets. Speak to your parents, your teachers, your counsellor or another important adult you trust.

Try these support websites:

www.au.reachout.com
www.eheadspace.org.au

www.youthbeyondblue.com
<http://www.brave-online.com/>

