

# WISE

## COMMUNICATION

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### **34 Ways to Show Gratitude and Instantly Have a Better Life...**

Gratitude is defined by the Merriam-Webster dictionary as 'the state of being grateful, thankfulness'. Many people fail to understand how gratitude can change a life and alter one's perception for the good. A life without gratitude is often an unhappy, unfilled life. Putting a little gratitude in your daily life is a first-step to achieving many of your hopes, your dreams, your goals.

The thing with gratitude is that it actually helps you way more than the person you're showing gratitude towards. When you feel thankful, grateful, and content in your own life and in your own experiences then you will find that want less. You'll find that you're actually more satisfied with where you are and with what you already have in life.

Showing gratitude is much more than a simple 'thanks' without further thought. To improve the quality of your life and the life of others, it is important to show true gratitude for the things you are grateful for so here are 34 ways you can up the ante and let people in your life know just how much you appreciate them and how to grateful in your daily life.

#### **1. Be an active listener**

Show you gratitude to others by really listening to what they have to say.

#### **2. Give out compliments**

Make someone's day by giving out compliments on little things like a great shirt, a nice smile, or on a job well done.

#### **3. Make eye contact**

When interacting with people, make eye contact and show you are really present in the conversation.

#### **4. Give a detailed example of appreciation**

Let someone know exactly why you are grateful to have them in your life by citing an example of things they have done or said on your behalf.

#### **5. Be thoughtful of others**

While you must take care of you, it is important to also think of others first. Consider someone else's feelings with every action and word.

#### **6. Volunteer for unpleasant tasks**

Offer to do a chore or errand. By doing these tasks for someone you make their day easier.

### **7. Give a hug**

Make a true connection with those you love and are grateful to have in your life by giving hugs when greeting, saying goodbye, or saying thanks.

### **8. Just be there**

Spend time with others especially during difficult times and just be there without your phone and other distractions.

### **9. Be gracious when challenged**

When someone challenges your actions or words, still show grace by listening to what they say and being polite. You never really know what someone else might be going through so don't take their actions personally and show them kindness (even if it's really hard to do).

### **10. Offer congratulations**

When someone you know is celebrating an achievement, offer your sincere congratulations even if you are not the winner.

### **11. Show off their gifts**

When someone is gracious enough to give you a gift make sure you wear the clothes in their presence, display their craft on your desk, or make it known you appreciate the gift by using it.

### **12. Share their joys**

Celebrate other's joys as if they were your own.

### **13. Be patient**

Patience is not everyone's virtue but give it your best effort to remain patient with those you love and remember that everyone has their own struggles.

### **14. Share their praise**

When you are on the receiving end of great service or fine hospitality let others know about the job well done such as telling supervisors about the excellent service your wait staff provided.

### **15. Select small, thoughtful gifts**

When you are out and about, select a few small but thoughtful gifts for those you love just to show you are thinking about them.

### **16. Write handwritten notes of thanks**

When you receive a gift, handwrite a thank you note that mentions the gift you received and your appreciation.

### **17. Handwrite 'thinking of you letters'**

Forget emails when sending personal sentiments that lets loved ones know you are thinking of them.

### **18. Handwrite letters of encouragement**

Skip the texts. When family and friends are having a rough time, handwrite letters of encouragement and inspiration or, give them a call and let them get it all out.

### **19. Write a love letter**

Address a love letter to those you love – from your spouse, to your parents, to your children you will provide them with proof positive they are loved and appreciated. It also helps remind you what you have to be grateful for every day.

### **20. Journal your blessings**

Take a few moments each night before bed to write down the things you appreciated throughout the day. It can be a wonderful way to reflect on how far you've come over the years.

### **21. Be a support system**

When people are in need, step up to be the go-to person they can rely on for support regardless of your differences.

### **22. Share your talents**

If you are a whiz at scrapbooking, money management, or resume writing, share your talents with those in need.

### **23. Perform a random act of kindness**

Kindness is still very much appreciated in the world today so perform a random kindness for those you love or a total stranger without looking for praise such as buying a homeless person lunch.

### **24. Pay it forward**

When you order a coffee, pay for the person behind you. When you are at the drive through, pay an extra \$5 for the next person in line. Drop a few extra coins in the toll booth on your travels.

### **25. Tip well for good service**

When you receive good service, be sure to offer a good tip that shows those in the service industry how much they are appreciated. It is often a low-paying, unappreciated job others continue to do.

### **26. Donate to charity**

Skip a pedicure and allocate that money to a charity in your local community.

### **27. Volunteer your time**

Spend a few hours at a food bank, an animal shelter, or your church helping others. Sharing your time with those in need can help put your own life into perspective.

### **28. Host a gathering for your dearest friends**

For no reason at all, host a gathering of your nearest and dearest as a way to say thank you for all they've done.

### **29. Help a stranger in need**

While more risky now than in decades past, helping a stranger can certainly make you feel great. If you can't change a flat tire, at least hang out nearby until the tow truck arrives. If you pick a "weird vibe" or anything else that makes you funny, trust your gut and get outta there. You can always show gratitude later that day.

### **30. Share your material possessions**

Don't be stingy with the things you do have. Be willing to share your possessions with those you love and those that are not as fortunate.

### **31. Say you're sorry**

No matter how mad you get or how right you are, be willing to say you are sorry to those you truly love and appreciate. Be willing to compromise in life. There's a saying that goes, "You can either be right or you can be happy."

### **32. Visit the sick and/or elderly**

Spend time with those who may not have anyone else. A Saturday morning visit to the nursing home or the sick ward at the local hospital can brighten everyone's day. Think about how you might appreciate that when you're elderly yourself.

### **33. Always say Thank You**

No matter how small or how big the favor was, always say thank you. Say it to family, friends, co-workers, and kids. A heartfelt thank you can go a long way. I always try to say it to the bus driver as I get off the bus because their job seems so thankless.

### **34. SMILE**

All the time! Share a smile with loved ones and strangers on the bus. While not everyone will smile back, it is certainly worth the effort to keep doing it. Smiles are contagious so do your part to make happiness and gratitude go viral.

***I'm curious, how do you show gratitude in your life, and do you find that when you're in a state of contentment and thankfulness that you "want" less?***