



# Exercises to Practice Gratitude

**Begin a gratitude journal.**



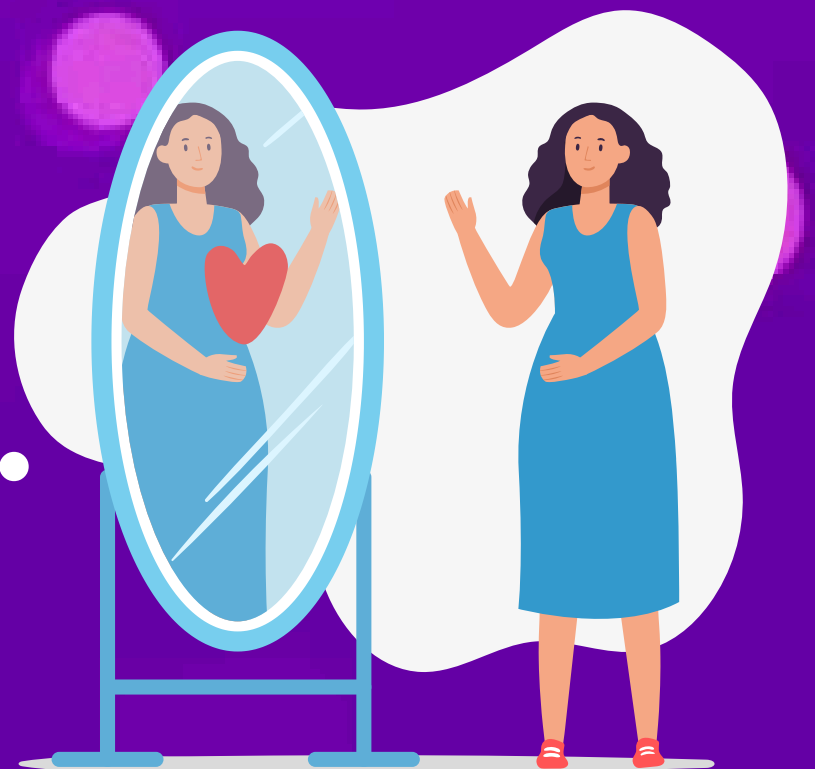
**Volunteer or help others.**

**Pay attention to natural elements.**



**Meditate.**

**Reflect every day.**



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