

Write notes of gratitude to four people.

Call three people you haven't spoken with in at least three months.

Visit someone you are not assigned to visit.

Write a list of ten things you are grateful for.

Show gratitude for something you own by taking special care of it.

Call three people you haven't spoken with in at least three months.

Show gratitude for God's mercy by forgiving someone.

Say a prayer that consists only of gratitude.