

# Make Gratitude A Habit

A GUIDE TO PRACTICING GRATITUDE DAILY



CREATED BY LINDA ST MART  
COACHING WOMEN IN BUSINESS



A person with long hair, seen from behind, wearing a blue jacket, stands on a grassy hill. They are looking out over a body of water towards a bright sunset. The sun is low on the horizon, creating a warm, golden glow across the sky and water. The person's hair is blowing in the wind.

# Expressing gratitude internalises good vibes.

Exploring what's going well boosts dopamine levels so you feel more at peace.



# 3 Ways to Practice Gratitude

[WWW.PAUSE2WIN.COM](http://WWW.PAUSE2WIN.COM)





# Keep a daily gratitude journal.

Did anything go well today?





Engage in a contemplative  
practice every day.





A person with curly hair is seen from behind, looking out into a sunlit forest. The person is wearing a dark, quilted jacket. The background is a soft-focus view of trees and sunlight filtering through the canopy, creating a warm and serene atmosphere.

# Appreciate & connect with nature.

Studies show that being in nature or even viewing scenes of nature reduces anger, anxiety, heart rate, blood pressure and stress.



Gratitude is a powerful catalyst for happiness. It's the spark that lights a fire of joy in your soul.

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Linda St Mart





# Gratitude can change your life.

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