



"Dosti ka ek usool hai madam... no sorry, no thank you..." ("There's a rule in friendship madam...no sorry, no thank you").

Many of us have grown up knowing this very famous Bollywood dialogue from the movie Maine Pyar Kiya. While it sounds great in a movie, in real life, gratitude (even in friendships) goes a long way.

Ever noticed how a simple "thank you" can turn your day around? Maybe it's that unexpected compliment from a coworker, or someone remembering your name- small moments that suddenly make everything feel a little brighter. Turns out, there's some science behind it. Research from the Journal of Positive Psychology shows gratitude can boost our happiness by up to 25%. In fact, participants who took the time to write gratitude letters felt happier for weeks afterward.

So, if you're looking for a simple way to lift your spirits, start with a little gratitude. Here are some fun and easy ways to make it a part of your daily routine! ✨

#### Reflect on how far you've come



You might have already experienced this feeling, without knowing that it's an amazing way to feel grateful.

Reflect on past challenges and struggles that you've overcome. Think about those rough patches, and then reflect on how far you've come. It's a clever way to appreciate the smoother road you're on now.

#### Start a Gratitude journal



We bet you love buying stationary items. Go get yourself that aesthetic journal you have been eyeing for so long! Now, each day, scribble down three things that made you smile- maybe your favorite snack, or avoiding the rush hour traffic. It's a simple yet effective way to train your brain to focus on the good stuff.

#### Express gratitude to others



You must have experienced the joy that comes with being thanked. It's time to return that joy! Make it a point to thank the people around you- whether it's with a heartfelt text or a sticky note. Not only does it brighten their day, but it also reminds us of the good bonds in our lives.

#### The three-question game



Reflect on your relationships, by asking yourself these questions:

What have I received?

What have I given?

What trouble have I caused?

This quick mental check-in boosts self-awareness and gratitude, all while keeping it refreshingly honest.

In the end, it's not just about grand gestures- it's about noticing and appreciating the little things that make life better. By making gratitude a habit, we don't just lift our spirits- we also spread a little positivity to those around us. So, try these science-backed methods and watch how gratitude transforms your world, even if it means just small upgrades :)

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