

16 Ways to Finish the Year with Gratitude

+ Start the New One with Intention

1 **Begin with Gratitude**

Start each day by naming something you're thankful for—big or small.

2 **Set Heartfelt Goals**

Not just "to-dos" but goals that reflect what truly matters.

3 **Celebrate Your Wins** **- Even the Small Ones**

Write down one thing you did well each night before bed.

4 **Choose Thankfulness Over Stress**

You can't be overwhelmed and grateful at the same time—lean into gratitude.

5 **Move with Purpose**

Walk, stretch, breathe—use movement as a reminder of what your body can do.

6 **Speak Kindness to Yourself**

Replace negative self-talk with encouragement and truth.

7 **Create a "No Negativity Zone."**

Limit your time around complaining, gossip, or people who drain your energy.

8 **Let Go of What You Can't Control**

Stop giving space to worries, past tasks, or things beyond your control.

9 **Savor the Everyday Moments**

Morning coffee, sunsets, laughter
- don't rush past them.

10 **Write It Down**

Goals, prayers, dreams, blessings—things become real when we put them on paper.

11 **Give Thanks Out Loud**

Tell people when they've made a difference.
Don't wait—say it now.

12 **Focus on "Got To" Not "Have To."**

Shift your mindset—from obligation to opportunity.

13 **Learn from Setbacks,** **Don't Live in Them**

Failure isn't final.

14 **Smile More, Laugh Often**

It's simple, real, and one of the quickest ways to shift your mood.

15 **Give Generously** **- in Time, Love, or Help**

Gratitude grows when we give, not just when we receive.

16 **Enjoy the Season You're In**

Life moves fast—be present.



Independence
Title