Neural Networks
Transform your organisation

Cultivating Gratitude

Studies have shown that gratitude drives creativity, innovative thinking, flexibility, openness, curiosity and love of learning. It also produces higher levels of positive emotions, such as joy, enthusiasm, and optimism.

Try these nine easy gratitude exercises to discover the benefits for yourself:

Notice your day-to-day world through the lens of gratitude e.g. heavy traffic on the way to work offers you time to listen to a favourite piece of music.

Keep a gratitude journal – note down at least one thing you are grateful for every day.

Notice and change your language: instead of “I can’t”, try “How can I…”; rather than “Problem” say “Challenge”.

Say ‘thank you’ to each person who does anything at all for you today, even if it’s their job to help you.

When you find yourself in a difficult situation ask yourself: What can I learn from this?

Share your appreciation of something e.g. "I love how quiet it is in the morning, don’t you?"

Smile! A smile held for longer than 17 seconds has been shown to alter the brain's chemistry and trigger happy feelings.

Write Thank You notes to show appreciation at work. Not only will the recipient be grateful, but it will make you feel good too.

Give yourself a little love! Celebrate your own accomplishments to keep yourself motivated and on-track.

© 2026 Neural Networks Concepts Pty Ltd