1

Send a Note Saying Thank You

Sometimes it is nice to read about how thankful a person is. Taking the time to write something down rather than just sending a text message makes it more personal too.

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2

Give them a hug

You can only do this where appropriate, but if you're feeling grateful about something, it's okay to give your family or close friends a hug. Of course, not everyone will be receptive of a hug, so ensure that you know how they are going to react beforehand.

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3

Offer a free favor

Even if it is something small, do something nice for someone without expecting anything in return. Think of what the person wants or needs and do your best to help, even if it is just making a cup of coffee or doing a small chore

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4

Give a little gift

A bouquet of flowers or a box of chocolates won't cost much, but the act of giving them shows that you've thought about the person and that you are grateful for what they do for you.

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5

Be happy for their achievements

Show someone how pleased you are with their achievement. A nice handwritten card or some flowers would be a nice thought.

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6

Write a list

This will only take 5-10 minutes but will show just how much you care.

Sit down with a pen and paper and make a list of 10 or more things that you love about someone.

Mention the things that they do for you that you are grateful for.

Send that list to them.

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7

Give them public acknowledgement

Not everyone will love being made a fuss of in public, but for some, public praise would be appreciated.

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8

Just be there

Always be available for those you care about, even when things are not going well for you.

When you are supportive of others, you are showing how much you care and that you're grateful for the times they were there to support you.

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9

Surprise them

Surprise them with a lovely dinner or clean the house when they go out. These simple tasks will mean a lot to someone

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10

Look for the good in every situation

Try to remain positive in every situation. Positivity is contangious, so Always Be Happy.

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