

How to Appreciate Life

The best way to appreciate life is by practicing gratitude and reminding yourself of your own mortality. We take life for granted because mortality is scary, so it's easier to ignore it. But ignoring the fact that our time is finite means it's harder to appreciate our lives.

1



Start a gratitude practice

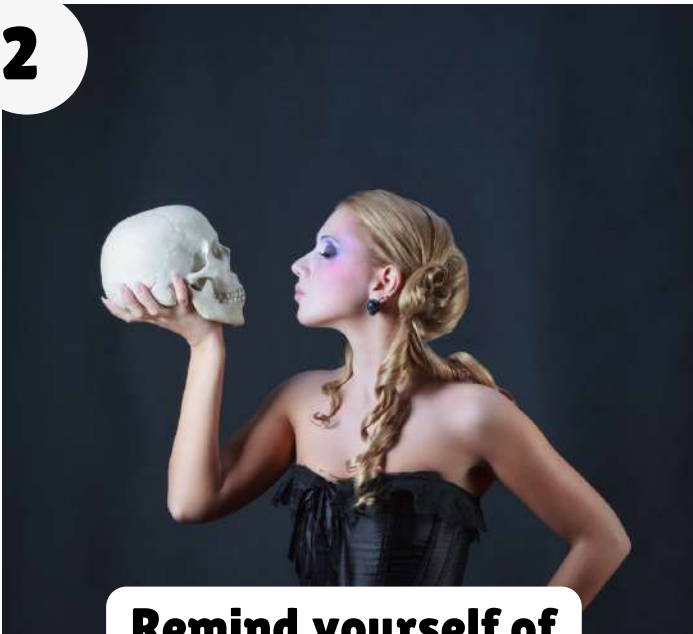
The first step is to start a gratitude practice.

An easy start is to simply look back on your day and notice three things you were grateful for.

A gratitude journal may help with this.

Doing this builds your "gratitude muscle," helping you more and more things in your daily life.

2



Remind yourself of your own mortality

A second approach is to remind yourself of your own mortality.

This helps you to appreciate the preciousness of what you have.

Stoics in ancient Rome engaged in a practice called "negative visualization" in which you imagine that you've lost everything. When you leave the visualization, you can now better appreciate the things you'd thought you'd lost.

Similarly, in the middle ages, it was common for philosophers and theologians to leave a replica of a human skull on their desk as a reminder of their mortality.