

Gratitude

What are you grateful for?

THINGS YOU ARE GRATEFUL FOR RIGHT NOW

WHAT IS COMING INTO YOUR MIND... AT THIS EXACT MOMENT?

RELATIONSHIPS I AM GRATEFUL FOR

FROM FRIENDS TO FAMILY TO LOVED ONES, THINK OF THE ONES THAT SPARKS WARMTH INSIDE YOUR HEART.

ACTIVITIES THAT YOU ENJOY

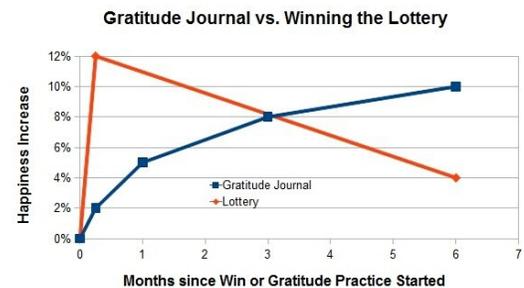
WHETHER IT'S WATCHING NETFLIX OR EATING YUMMY FOOD — THE IDEA IS TO TAKE IT ALL IN AND ENJOY THE EXPERIENCE.

POSITIVE THINGS ABOUT MYSELF

POSITIVE SELF-TALK SUCH AS I AM HARDWORKING, I LOVE CHALLENGES, I MAKE DELICIOUS FOOD, CAN HELP BUILD OPTIMISTIC THINKING

RESEARCH BENEFITS:

- **INCREASES HAPPINESS**
- **IMPROVES MENTAL HEALTH**
- **BETTER STRESS-MANAGEMENT**
- **FOSTERS RESILIENCE**
- **BOOSTS SELF-ESTEEM**
- **BUILDS EMPATHY**
- **ENHANCES SLEEP QUALITY**
- **STRENGTHENS RELATIONSHIPS**



Seligman, M. E., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: empirical validation of interventions. *American psychologist*, 60(5), 410. Chicago

Research shows that when you practice gratitude every single day, your **HAPPINESS INCREASES!** :)

WHAT ARE YOU LOOKING FORWARD TO?

PROUDEST MOMENT THIS WEEK

SOMETHING YOU ARE GOOD AT

REFERENCE

ALLEN, S. (2018). THE SCIENCE OF GRATITUDE. CONSHOHOCKEN, PA: JOHN TEMPLETON FOUNDATION.