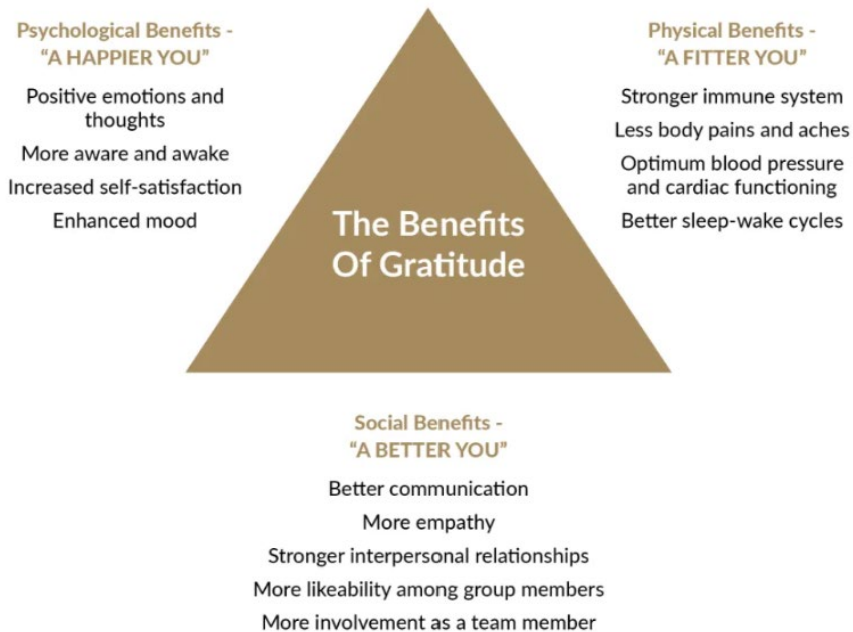


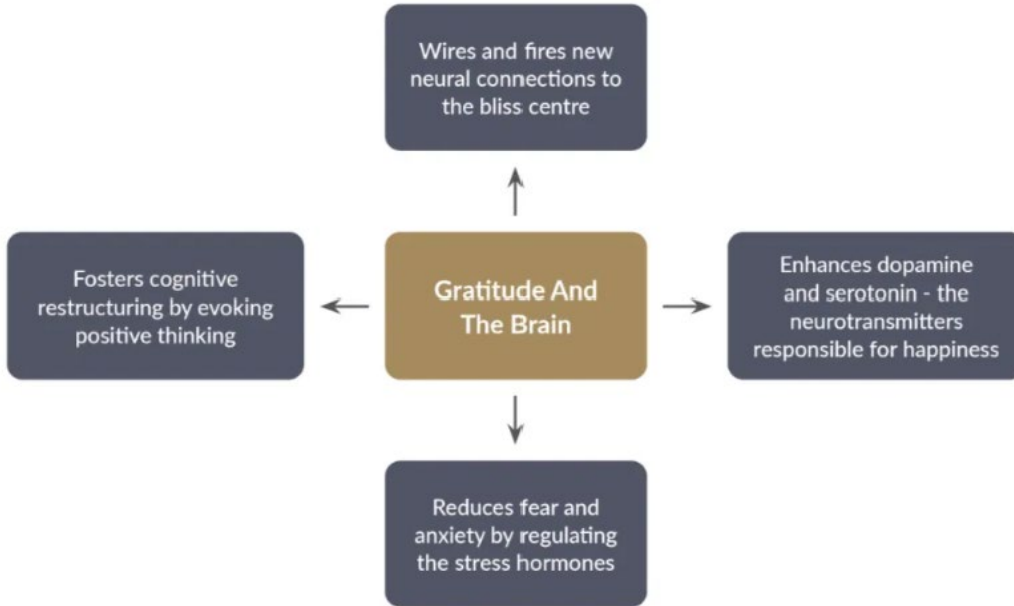
Grateful

Gratitude is a powerful human emotion. By conveying and receiving simple ‘thank you’ messages, we can truly derive the pleasure that we seek everywhere else. Gratitude, derived from the Latin word ‘gratia,’ means gratefulness or thankfulness.



Benefits of Being Grateful:

1. Gratitude releases toxic emotions
2. Gratitude reduces pain
3. Gratitude improves sleep quality
4. Gratitude aids in stress regulation
5. Gratitude reduces anxiety and depression



How to Be Grateful:

1. Appreciate yourself. Be grateful for who you are. This linked well with the self-care bucket.
2. Gratitude Journal: List daily 3-5 Things that you are grateful for, for 21 days. I am grateful for: and I am grateful to:

I am grateful for:
I am grateful to:



-
3. Write a Thank you Note to those people on your list that you are grateful to
 4. Consider that you need to write down 3-5 things on a daily bases that you are grateful. Eventually you going to run out of things to say. Challenge is to start to create more things to be grateful for.
 5. Express being grateful 3 x a day to people that have helped you in small or big ways. Be Grateful when you say Thank you
 6. Think of a person that you are very grateful for. Your life would be very different if it was not in your life. Thank that person at least 3 times at difference times.
 7. Savoring Moments of happiness.
 8. Meditate

Resources:

[The Neuroscience of Gratitude and Effects on the Brain](#)

