Research shows that EXPRESSING GRATITUDE improves mental, physical and relational well-being. Practicing an "attitude of gratitude" impacts an overall experience of happiness, and these effects tend to be long-lasting (HUFFINGTON POST).

**HOW DOES IT WORK?**

- With gratitude, people acknowledge the goodness in their lives.
- People usually recognize that the source of that goodness lies at least partially outside of themselves.
- Gratitude helps people connect to something larger than themselves as individuals - whether to others, nature or a higher power. (HARVARD)

**Keep A Gratitude Journal**

- Decide your favorite format (Physical or digital? Lines or structured like a calendar?)
- Make it a habit (Schedule time to write every day)
- Use journal prompts if you get stuck
- Elaborate and write down the details
- Start to look for good throughout your day

**Scientifically Proven Benefits**

GRATITUDE...

1. opens doors to more relationships.
2. improves physical & psychological health.
3. enhances empathy & reduces aggression.
4. improves sleep.
5. increases mental strength & improves self-esteem. (PSYCHOLOGY TODAY)

Gratitude is a powerful tool for improving our lives!

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