

G · R · A · T · I · T · U · D · E



The quality of being or feeling thankful; to show appreciation for and return kindness.

There is good evidence that practicing gratitude is good for our emotional and physical health. Below are five health reasons to work on your gratitude practice.

1. Gratitude reduces depression.
2. Gratitude can help you feel peaceful.
3. Gratitude can help you get your zzzs.
4. Gratitude is great for your heart.
5. Gratitude is a brain booster.

5 Simple Ways to Express Gratitude Every Day

1. Write in an abundance journal.
2. Express your gratitude in person.
3. Show respect for those around you.
4. Don't complain.
5. Volunteer in your community.