

gratitude

EXPRESSING AND LIVING IN GRATITUDE CAN HAVE THESE 7 BENEFITS:

- **gratitude opens the door to more relationships**
- **gratitude improves physical health**
- **gratitudes improve psychological health**
- **gratitude enhances empathy**
- **gratitude reduces aggression**
- **grateful people sleep better**
- **gratitude improves self-esteem**



3 WAYS TO PRACTICE GRATITUDE:

- **Each day, think of and write down 3 things you are grateful for:**

- 1.
- 2.
- 3.

- **Start a gratitude journal**
- **Practice gratitude rituals**

