

IRIS INSIGHTS

Four Powerful Gratitude Habits

1

SAY THANK YOU

Show gratitude each day. Doing so will help remind you to not take anyone or anything for granted.

2

WRITE IT DOWN

Keeping a journal is a great way to chronicle your life, vision and goals whether big or small.

3

BE PRESENT

Take time each day to pay attention to your surroundings. Reflect on the big or little moments.

4

APPRECIATE YOU

Remember to celebrate your accomplishments and qualities, including small daily successes.

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WRITE IT DOWN

People I'm Grateful For

Things I'm Grateful For

Things I've Experienced

Things I've Accomplished