



BRINGING OUT THE BEST:
GRATITUDE



What is GRATITUDE?

Essential Meaning: a feeling of appreciation or thanks.

Full Definitions: the state of being grateful: thankfulness.



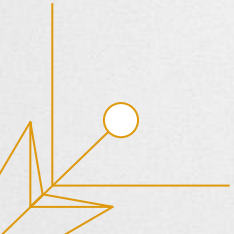
BENEFITS OF GRATITUDE

- It makes us happier. ...
- It reduces stress. ...
- It improves self-esteem. ...
- It helps us be more resilient. ...
- It helps us sleep. ...
- It improves our physical health. ...
- It improves our relationships. ...
- It improves our friendships.
- It makes us better managers
- It helps us find more meaning in our work



Gratitude Starts with...

- Noticing the good things in life
- Being around family and friends
- Volunteering to help others
- Random acts of kindness
- Plain and simple; Say thank you...



Tips to Foster Gratitude



- Keep a journal of or in some way note big and little joys of daily life.
- Write down "three good things"—identify three things that have gone well for you and identify the cause.
- Write thank-you notes to others.
- Think about people who have inspired you and what about them was most significant.
- Engage in "mental subtraction." Imagine what your life would be like if some positive event had not occurred.



How to take gratitude with you

It's actually physiologically impossible to be stressed and thankful at the same time. When you are grateful you flood your body and brain with emotions and endorphins that uplift and energize you rather than the stress hormones that drain you. - Jon Gordon

So...Write 3 - 5 things you are grateful for on this card. Take this card with you. When you are feeling stressed pull out your card and read the things you are grateful for, release those emotions and endorphins that uplift and energize you!!

