

Making a Habit of Gratitude

"We often take for granted the very things that most deserve our gratitude."

Cynthia Ozick

Do you know Gratitude....

- Shields you from negativity
- Makes you at least 25% happier
- Eliminates stress
- Heals
- Improves sleep
- Boosts self-esteem and performance
- Improves relationships
(Source: MindMovies)

Grow your habit of gratitude with this Seven Days of Gratitude Checklist

- Be mindful of when you are (or aren't) saying "thank you" today
- Send someone a thank you note
- Recognize someone for the work they do
- Consider starting a gratitude journal and starting or ending your day with thinking about what you are grateful for
- Connect with someone and express your appreciation for them today
- Make a personal commitment to grow your habit (practice) of gratitude. Write it down somewhere where you can see it.
- Visit the Appreciation Wall and submit something you are grateful for