

Gratitude!

Gratitude can help us find peace by focusing on the present moment of what we do have rather than what we are lacking. Gratitude settles our nervous system so we can problem solve in a more productive manner.



Look at the Benefits of Gratitude. Which 5 benefits do you wish you had to have?

Mark, circle or hi-lite.

Why do you think practicing gratitude would help with what you marked?

Emotional Benefits of Gratitude:

- More Good Feelings
- More Resilient
- Less Envy
- Happier Memories
- More Relaxed

Personality Benefits of Gratitude:

- More Content with What You Have
- Feelings that Your Effort will Make a Difference
- Less Self-Centered
- Increase in Feelings of Self-Worth

Health Benefits of Gratitude:

- Improved Sleep
- Better immunities to Disease
- Increased Energy
- Exercise is more Enjoyable

Social Benefits of Gratitude:

- More Friendships
- Kinder
- Less Drama

School Benefits of Gratitude:

- Easier Time Learning
- Improved Decision Making
- Better Attainment of Goals