

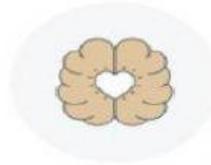
## The Benefits of Gratitude



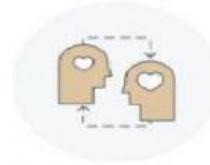
IMPROVES PHYSICAL  
HEALTH



IMPROVES  
SLEEP



IMPROVES  
PSYCHOLOGICAL HEALTH



INCREASES  
EMPATHY



REDUCES  
AGGRESSION



MORE SOCIAL  
CONNECTION



ENHANCES  
SELF-ESTEEM



IMPROVES MENTAL  
STRENGTH

Source: Morin (2014)

I'm grateful for three things I hear:

I'm grateful for three things I see:

I'm grateful for three things I smell:

I'm grateful for three things I touch/feel:

I'm grateful for these three things I taste:

I'm grateful for these three blue things:

I'm grateful for these three animals/birds:

I'm grateful for these three friends:

I'm grateful for these three family members:

I'm grateful for these three things in my home: