

## 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: