

GRATITUDE KICKSTART

Begin your journey toward a happier, healthier, and more fulfilled YOU!

Gratitude increases positive emotion and decreases negative emotions. Start focusing on what is going well and less on what is going wrong.

HERE'S HOW:

1. Each day think about the good things that happened to or around you. It can be as small as someone handing you a tasty cup of tea or as large as receiving the biggest accolade of your career. All that matters is that to you it was a positive thing.
2. Write them down.
3. Reflect on why these things happened. For example: You are grateful for that cup of tea because the person who handed it to you took the time to make you feel appreciated. You received that award because of the hours poured into your work and the teamwork it took to make it happen.



NOTE: In the following pages you will find various sides of the gratitude template. Print multiple pages of your preferred size template.

"Gratitude opens the door to...the power, the wisdom, the creativity of the universe. You open the door through gratitude."

- Deepak Chopra



gratitude

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- 3.

reflection:

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gratitude

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"If the only prayer you ever say is "THANK YOU" that will be enough. - Eckhart Tolle



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"Give thanks with a grateful heart."

-1 Thessalonians 5:18

