The Power of Gratitude



TAKE IT FROM ROBERT EMMONS, A WORLD-LEADING SCIENTIFIC EXPERT ON GRATITUDE. BY STUDYING MORE THAN 1,000 PEOPLE AGES EIGHT TO 80, HE AND RESEARCHERS LINKED THE BENEFITS OF GRATITUDE PRACTICE TO STRONGER IMMUNE SYSTEMS, HIGHER LEVELS OF POSITIVE EMOTIONS, BETTER SLEEP AND MORE GET UP AND GO.

TRY SETTING ASIDE TIME EACH DAY TO REFLECT—PERHAPS FIRST THING IN THE MORNING OR LAST THING AT NIGHT. YOU WILL THANK YOURSELF LATER!

Finish this sentence:	
Today, I am grateful for	
GIVE YOURSELF A HIGH FIVE	
List five things for which you are thankful	
1	
2	
3	
4	
5	
3.	

Try This

Author A.J. Jacobs also builds gratitude into his bedtime routine.

"Instead of counting sheep, I count things to be grateful for. And here's the trick. Do it alphabetically. So I'll start with A and be grateful for, say, the apple pancakes my sons made me over the weekend. Then I'll move onto B.... They can be small things or big things. I rarely make it to Z. I usually fall asleep around F or G."

Why not take a practice run? Use this space to create your A to Z of gratitude for today.	

HAPPINESS DOES NOT LEAD TO GRATITUDE. GRATITUDE LEADS TO HAPPINESS. ## BENEDICTINE MONK DAVID STEINDL-RAST