

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. _____

