

SWIPE TO LEARN



WHY IT MATTERS?

Gratitude



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A Tendency to Focus on the Negative

- We often focus on what goes wrong, while the good things and people in our lives go unnoticed.
- Gratitude invites us to pause and truly see the positive around us.

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The Heart of Gratitude

- Gratitude is more than just saying 'thank you.'
- Research shows that gratitude changes how we feel, think, and connect with the world.
- It's a pathway to a happier, more fulfilling life (Emmons & McCullough, 2003).

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More Joy, Every Day

- Research shows that reflecting on three things you're grateful for can lift your mood.
- Studies found this simple practice boosts happiness and life satisfaction (Seligman et al., 2005).

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Building Strength in Hard Times

- Gratitude is a valuable source of resilience.
- By focusing on what we appreciate, we build mental strength and cope better with challenges(Fredrickson, 2004).
- It helps grounding ourselves in the good when life gets tough.



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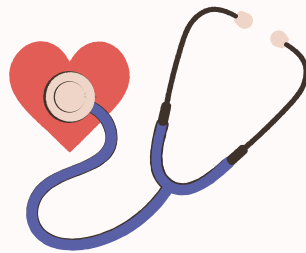
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Fostering Closer Connections

- Sharing gratitude deepens trust and closeness.
- Expressing thanks strengthens our relationships, creating warmth and mutual respect (Gordon et al., 2012).

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A Boost for Health and Wellbeing

- Gratitude isn't just good for the heart; it's good for health!
- Studies link gratitude with better sleep, reduced stress, and even a stronger immune system (Wood et al., 2008).
- Gratitude is associated with wellbeing, life satisfaction, happiness, or optimism (Davis et al., 2016).

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Simple Gratitude Practice

- Each evening, think of 3 good things that happened today, big or small.
- Take a some time to relive each moment in detail – what happened, how it felt, and why you're grateful.
- If you can, write them down. Even once a week can make a difference, but try it nightly for a week to really see the impact!

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Your Gratitude Journey Starts Here

- Gratitude is your reminder to see the good around you.
- Take a moment today to notice, appreciate, and give thanks.
- Don't put pressure on yourself to find "big things" to be grateful for. A text from a friend, a shared coffee, a good book... even the smallest joys matter, especially when life is tough.
- Let gratitude brighten your world!



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Thank You !

DON'T FORGET TO SAVE, LIKE,
AND SHARE

