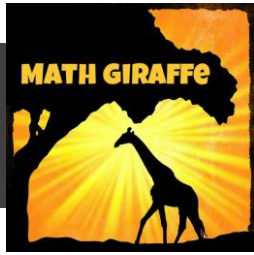


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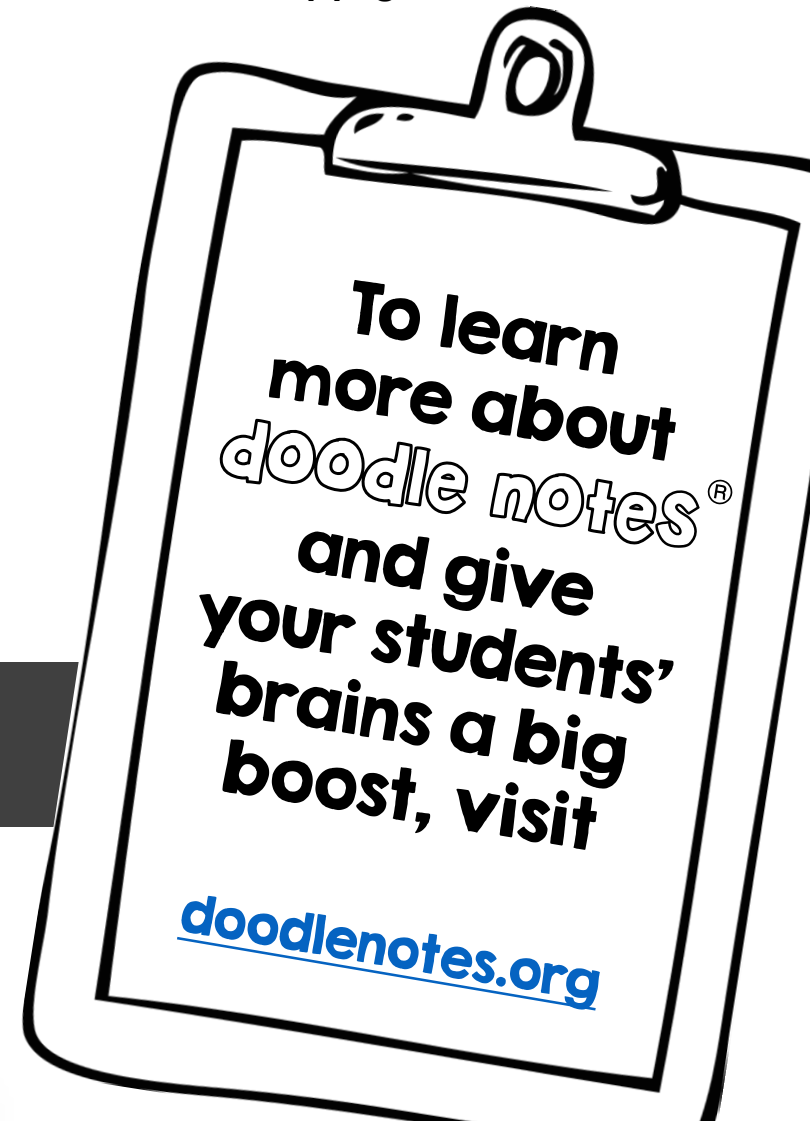
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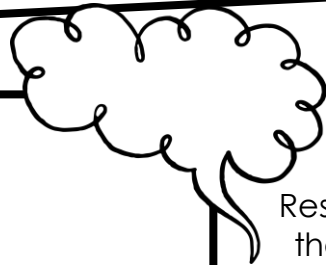
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GRATITUDE a reflection

Researchers are discovering that gratitude may be the biggest key to happiness! Reflecting on aspects of your life that you are thankful for leads to more positive emotions, stronger relationships, and even better physical health. Counting your blessings actually leads you to have a happier day-to-day life.

sketch it

the big picture

Am I living a happy, grateful life?

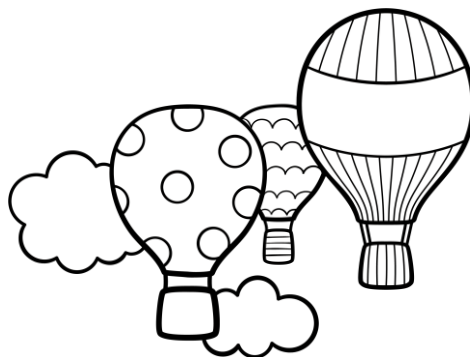
explain it

Who have I failed to appreciate?



To whom do I need to express my gratitude in a clearer way?

How I can remind myself to appreciate what I've been taking for granted?



moving forward:

How will I adjust myself to better reflect gratitude?



internally



externally

What have I been taking for granted?

