

WHAT
ARE
YOU
GRATEFUL
FOR
TODAY?

BENEFITS OF GRATITUDE:

IMPROVES YOUR HEALTH

IMPROVES YOUR SLEEP

IMPROVES RELATIONSHIPS

IMPROVES OPTIMISM

MAKES US LESS SELF CENTERED

REDUCES FEELINGS OF ENVY

GRATITUDE TIP:

“The next time you pay a bill write down something positive that the service or product has helped you accomplish by using it. It will teach you to shift your focus from money being taken to the value you are receiving.”

THECREATIVEANDTHEPLANNER.COM

A FRIENDLY REMINDER FROM YOUR FRIENDS AT 325 FW @ TYNDALL