



An Attitude of Gratitude

Seeing What's Good

Goal: Write down, draw, or discuss three things you are grateful for in life. Use a journal, sticky notes on a mirror, a list on the fridge, a jar that holds these special messages, or discuss them at dinner.

[Tip]: "I am grateful to be alive; I am grateful for fresh apples; I am grateful for comfortable pajamas."

Why is this important? Practicing gratitude helps to keep a positive attitude.

Reference: Karns, C. M., Moore, W. E., III, & Mayr, U. (2017). The cultivation of pure altruism via gratitude: A functional MRI study of change with gratitude practice. *Frontiers in Human Neuroscience*, 11, <https://doi.org/10.3389/fnhum.2017.00599>