

Gratitude

♥ Strength of heart

What is gratitude?



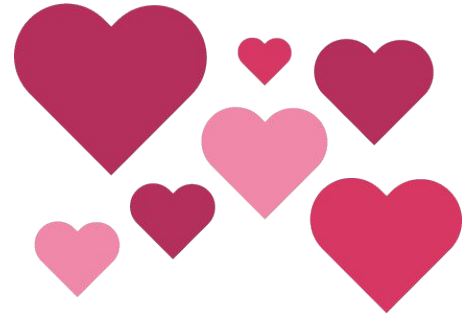
Appreciating what you've
been given

“Look around, look around
at how lucky we are to be
alive right now!”

— Lin-Manuel Miranda,
Hamilton: An American Musical

Why does gratitude matter?

- Grateful people are happier and more fulfilled.
- When you express gratitude, it strengthens your relationships with others.
- Gratitude leads you to be nicer to other people: more cooperative, patient, and trusting.



Pulse Check

How many of these things are true for you?

- I said “thank you” to someone.
- I did something nice to show my appreciation.
- I can list lots of people and things that I’m lucky to have in my life.
- I noticed when someone helped me.
- I felt a sense of thankfulness.

