

Gratitude

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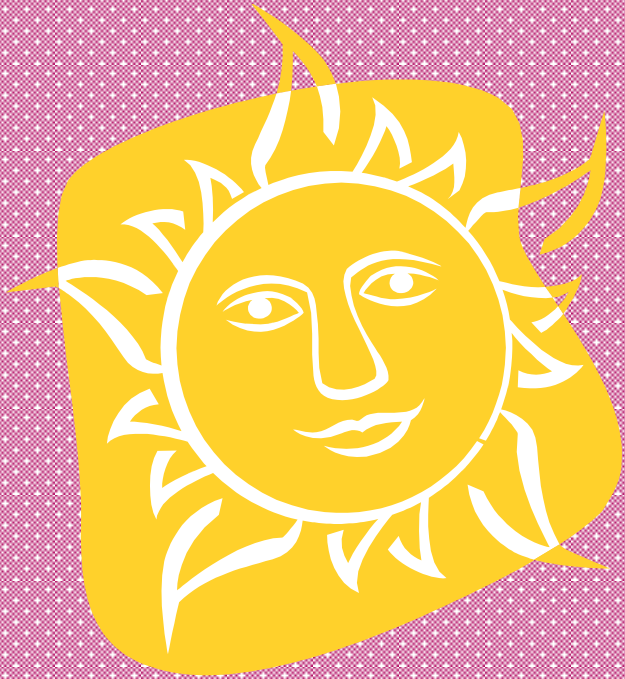
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A serene sunset over a body of water with mountains in the background. The sun is low on the horizon, casting a golden glow across the sky and reflecting on the water. The mountains are silhouetted against the bright light.

**Gratitude means being thankful
for everything in life**



**Feelings of gratitude release
positive endorphins
throughout the body which
helps in maintaining good
health**

LEARN TO REFLECT
ON YOUR PRESENT BLESSINGS
AND
NOT ON YOUR PAST MISFORTUNES



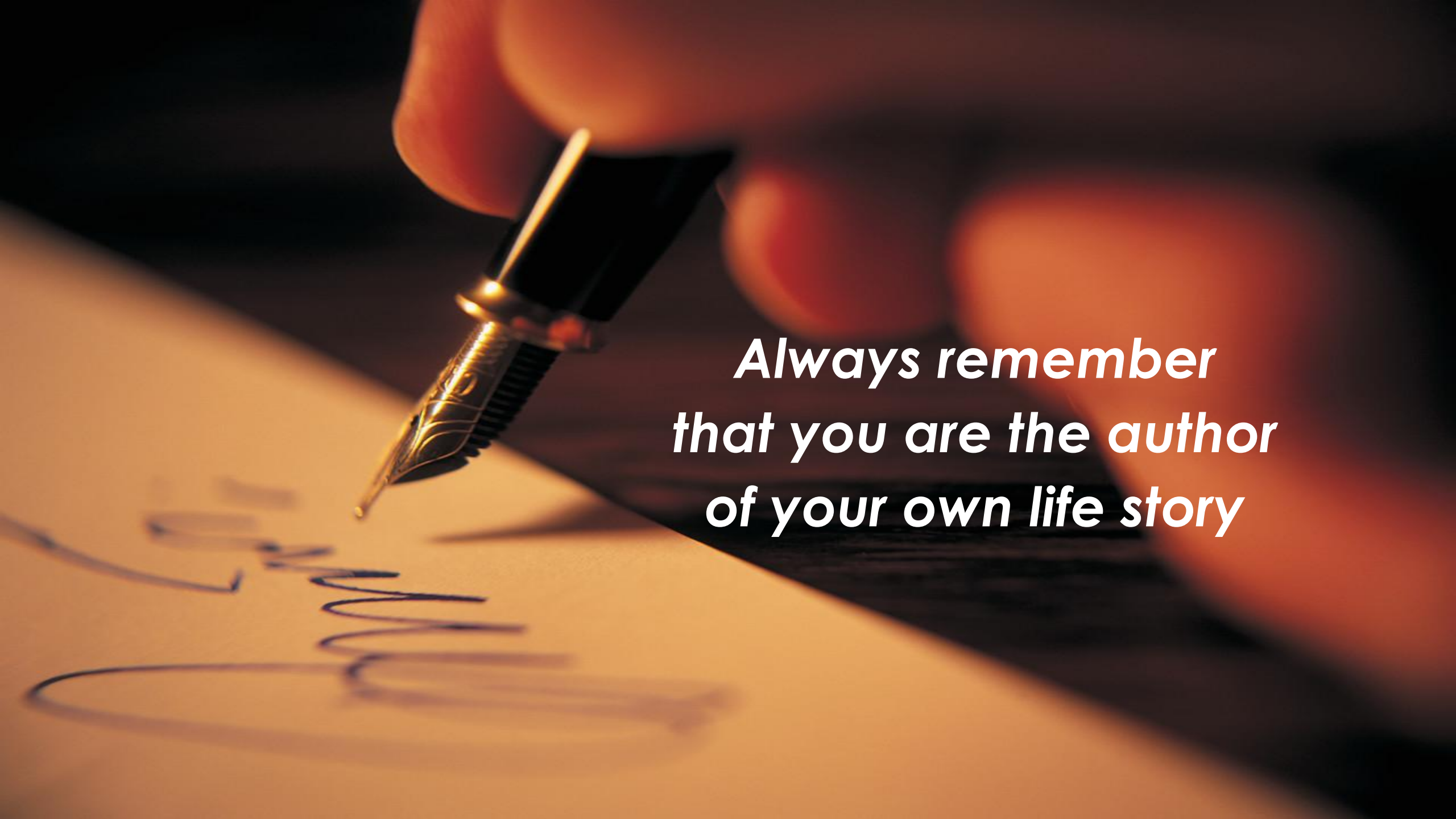
**Life seems to be lighter
when you are willing to put down
those heavy burdens
from your shoulders**



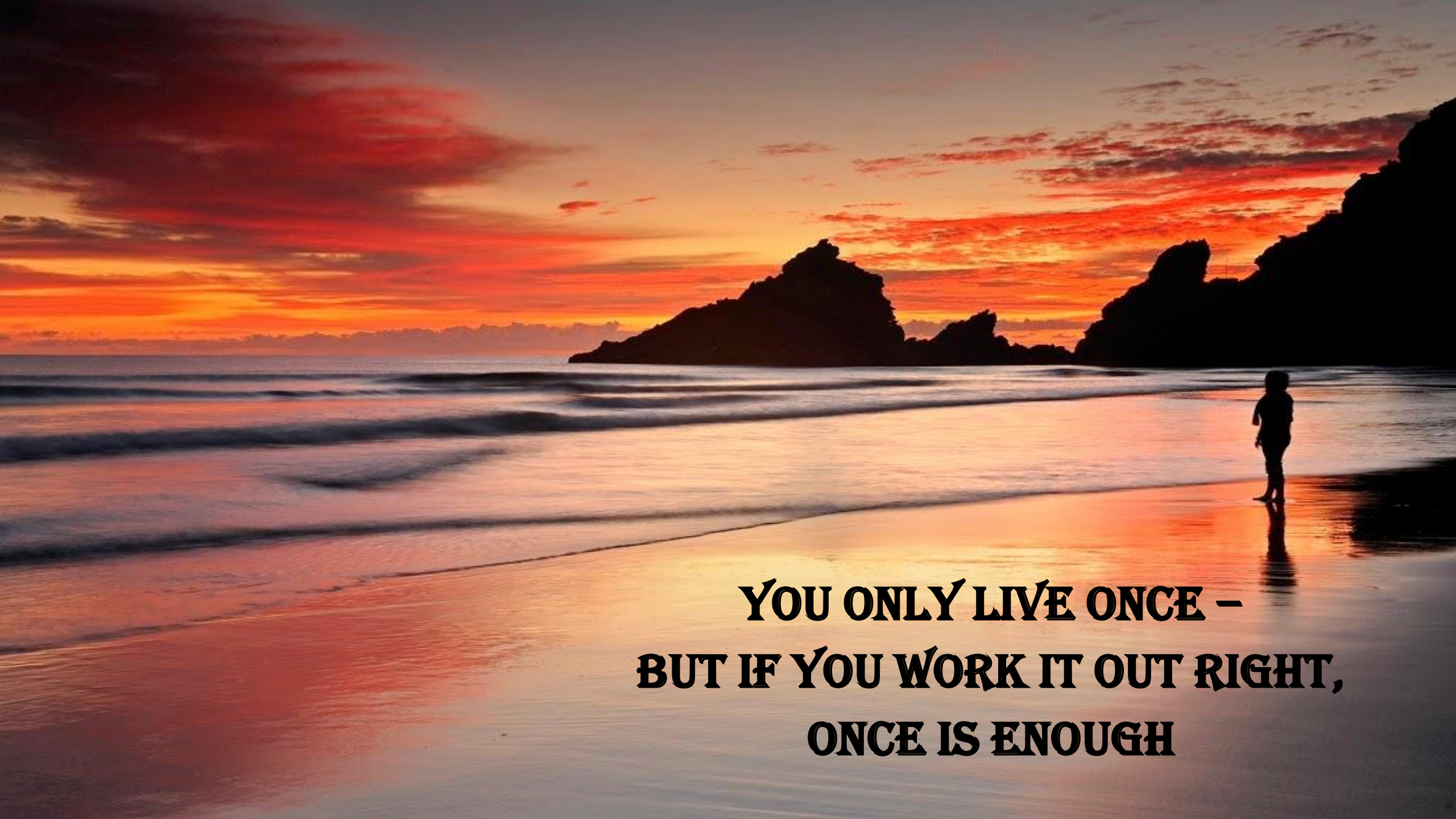
**Keeping a gratitude journal
for as little as three weeks
can result in better sleep and
more energy**

– (Robert Emmons, Ph.D.)






***Always remember
that you are the author
of your own life story***

A person stands on a beach at sunset, their silhouette reflected in the wet sand. The sky is a vibrant mix of orange, red, and yellow, with a large, dark rock formation silhouetted against the horizon. The ocean waves are visible in the distance.

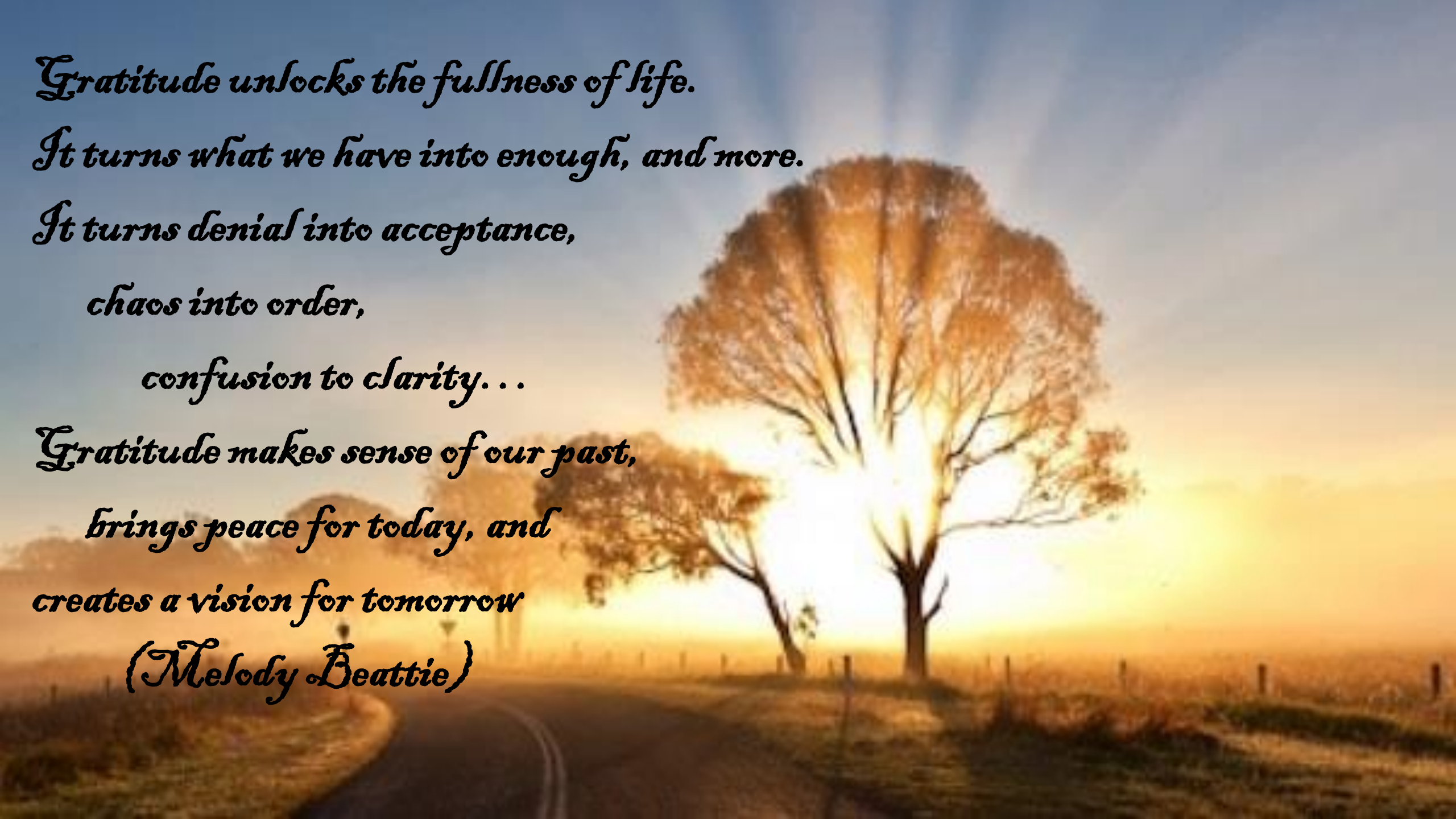
**YOU ONLY LIVE ONCE –
BUT IF YOU WORK IT OUT RIGHT,
ONCE IS ENOUGH**

A person is seen from behind, sitting on a boat on a calm lake. The sun is setting in the distance, creating a bright glow that reflects on the water. The surrounding mountains are silhouetted against the sky. The overall scene is peaceful and contemplative.

LIVE EACH DAY
AS IF IT WAS THE
LAST DAY OF
YOUR LIFE

*Gratitude unlocks the fullness of life.
It turns what we have into enough, and more.
It turns denial into acceptance,
chaos into order,
confusion to clarity...*

*Gratitude makes sense of our past,
brings peace for today, and
creates a vision for tomorrow
(Melody Beattie)*





THANK YOU!



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