

Kick Off the Season with an Attitude of **GRATITUDE**

Research has shown that regularly practicing gratitude lowers levels of stress and anxiety.

WRITE IT DOWN

- Send a handwritten note of thanks. Keep it short yet specific.
- Post a photo of you and another person on social media along with a heartfelt caption.
- Text someone a meaningful quote with the message, "This reminded me of you!"
- Give someone a Fill in the Love® book. These fill-in-the-blank books make uniquely personalized gifts!

SAY IT OUT LOUD

- Use prompts like, "I am so grateful for _____," "I always think about how you _____," or "I am inspired by your _____."
- Ask someone how they're doing and ask follow-up questions.
- A simple "thank you" can go a long way, especially if it's for something that someone does for you regularly — it's probably been a while since you've said it!

WHEN GIVING THANKS, DON'T FORGET YOURSELF!

Become a pro at practicing self-gratitude with the following tips.

START A GRATITUDE JOURNAL

At the end of each day, write down the people, events or things you're grateful for.

COMPLIMENT YOURSELF

Make a list of your positive attributes and then review it or add to it at the end of each month.

TAKE TIME OFF

Give yourself a break from work even if it's a personal day spent relaxing at home.

LEARN SOMETHING NEW

Taking on a new skill or hobby will give you a new sense of appreciation for what you can accomplish.

CLIENT *Success Stories*

Miles and Estelle L., congratulations on your new baby boy!!

Thank you Janie U. for your referral!!

Congratulations to Megan and Dan K. on your baby girl!!