



Did you know
gratitude...

- ❖ Shields you from negativity
- ❖ Makes you happier
- ❖ Rewires your brain
- ❖ Eliminates stress
- ❖ Heals
- ❖ Improves sleep
- ❖ Boosts self-esteem and performance
- ❖ Enhances the law of attraction
- ❖ Improves relationships

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https://www.google.com/search?q=did+you+know++of+gratitude+&tbm=isch&ved=2ahUKEwJS-rM65vuAhUEL1MKHb8nDaoQ2-CegQIABAA&oq=did+you+know++of+gratitude+&gs_lcp=CgNpbWcQDDoGCAAQBxAeOggIABAHEAUQHIC_1QJYxpgDY0yqA2gAcAB4AIABVogBzgiSAQIxNJgBAKABAaoBC2d3cy13aXotaW1nwAEB&sclient=img&ei=03AAYJLKLIteZAK_z7TQCg&bih=969&biw=1920&rlz=1C1GCEA_enUS875US875#imgrc=fEUjucsuXj_L7M

“We can complain because rose bushes have thorns, or rejoice because thorns have roses.” ...

Gratitude turns what we have into enough.

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