

# Attitude of Gratitude

## Wildcard Challenge



For years research has proven the effectiveness of an intervention that improves nearly every aspect of health and wellbeing. It has been shown to boost immune systems, improve relationships, increase optimism, lower blood pressure, decrease depression and improve self-esteem. On top of all these benefits, it is available to everyone and is completely free. The magical treatment is gratitude! It's safe to say being grateful is a habit that's worth cultivating. Complete seven of these activities over the next two weeks to increase your attitude of gratitude. **BONUS!** Complete all 10 activities for an extra entry into the prize drawing.

### **Keep a gratitude journal.**

Acknowledging the good in life can amplify positive emotions such as joy and contentment. Jot down a few things each day that you are grateful for. If you're having a particularly rough day, you can look back and be reminded of the accumulated blessings in your life.

### **Replace your to-do list with a been-done list.**

Take a moment to write down all the things you did today. Resist the urge to think about what you need to do in the next 24 hours, but instead focus on all you have accomplished.

### **Find three small things to be grateful for today.**

Gratitude doesn't have to be saved for the big things in life. The habit of being grateful starts with appreciating every good thing in life and recognizing that there is nothing too small for you to be thankful for.

### **Call a friend and tell them why you are thankful for their friendship.**

Research shows that expressing gratitude can strengthen relationships. Be specific when sharing with them as a way to build a meaningful bond.

### **Say "thank you" instead of "sorry".**

Try "Thank you for waiting" instead of "Sorry I'm late". Switching to this mindset can help highlight reasons to be grateful.

### **Think of something you are grateful for that money can't buy.**

It may seem impossible to be happy until a goal is met, or an item is purchased. Help alter this mindset by acknowledging the blessings that money can't buy.

### **Say thank you to a coworker.**

Take time out of your day to tell a coworker thank you and highlight what you appreciate about them.

### **Post to social media 4 pictures you are grateful for.**

Harness the power of technology to send good vibes to your friends and family. Express why you are grateful for each photo you choose to share.

### **When someone serves you at a shop or restaurant let their manager know they are doing a great job.**

Show your gratitude for the employee by boosting their self-esteem and rapport with their manager.

### **Count blessings not sheep.**

Dr. Robert Emmons suggests "replacing negative pre-sleep thoughts with thoughts that are more conducive to quietening the body and mind". This makes it easier to fall asleep and improves overall sleep quality. Before drifting off to sleep, try to focus on pleasant thoughts; future plans, enjoyable things you did during the past few days, how fortunate you are etc.