

Mindful Moment



Give thanks for a little and you will have a lot.

Gratitude is not a magic trick, yet it can make a half-empty glass appear half-full. A study showed that grateful people were **25% happier** than those who focused on the negative.

To boost mindfulness and gratitude, take a couple minutes out of your day for reflection. Just 2-3 minutes of silence.

Today I am thankful for...

I really appreciate...

I felt joyful today when...

Today I show my gratitude by...