

Good morning and happy Monday team!

I hope you all have had a great three-day weekend. It is helpful to be mindful during long weekends and to be grateful for that time. We have touched on gratitude, yet it is good to think about it after the holiday season.

By now, you have probably heard about the benefits of gratitude, which include improved physical and psychological health, enhanced empathy, and reduced aggression, as well as improved sleep and esteem.

Gratitude is a daily practice. Gratitude makes us **appreciate the good days** and **pulls us out of negativity** on the days that we struggle. Gratitude should remind us to take a step back and refocus our attention on the positive rather than ruminating on the negative.

Try being grateful each day:

1. First thing in the morning, record three things that you are grateful for.
2. Take a photo of something you are grateful for. Share the photo on social media #gratitude.
3. Send a message expressing your gratitude for someone.
4. Right before you go to bed, record three things you are grateful for.
5. Write a handwritten note of thanks to someone.

True gratitude does not leave you feeling like you owe anyone anything. It's all about feeling good and creating a **cycle of good**.

Your Challenge This Week:

Find a rock. Yes, a rock. Make sure to pick one you like because it is pretty, smooth, or an interesting texture. Carry this rock around in your pocket, leave it on your desk, and keep it where you can see it every day. Let the rock remind you of the things that you are grateful for throughout the day.

"Wear gratitude like a cloak, and it will feed every corner of your life."

- Rumi