

# Health Benefits of Gratitude

In addition to the increase in work performance, gratitude also helps improve employee health and wellbeing. Feeling and expressing gratitude promotes a positive and happy mood. These brain boosts can have significant positive effects on employees' physical and mental health.

Research has found that expressing and feeling gratitude will boost employee health and wellbeing by:

- Promoting better sleep
- Lowering blood pressure
- Improving one's sense of mindfulness
- Increasing energy
- Improving one's mood and feelings of happiness
- Decreasing stress





# 30 Days of Gratitude Challenge



## Day 1

Write down three things that you are thankful for.

## Day 2

Express gratitude to at least one important person in your life.

## Day 3

Go one full day without complaining.

## Day 4

Meditate for 10 minutes.

## Day 5

Make an effort to smile more throughout the day.

## Day 6

Engage in a random act of kindness.

## Day 7

Spend 30 minutes practicing self-care.

## Day 8

Send flowers to someone you care about.

## Day 9

Write thank-you notes to five people in your life.

## Day 10

Go outside and appreciate the beauty of nature.

## Day 11

Do something nice for a co-worker.

## Day 12

Recognize today as a gift.

## Day 13

List three things that you like about your job.

## Day 14

Spend the day being an optimist.

## Day 15

Write down five things that you like about yourself.

## Day 16

Recognize three things that you usually take for granted.

## Day 17

Write about your favorite part of the workday.

## Day 18

Think of what you're grateful for before going to bed.

## Day 19

Sign up to volunteer for a day in your community.

## Day 20

Catch a co-worker doing a good job and thank them for it.

## Day 21

Think of a way that someone helped you today.

## Day 22

Write down three things that you appreciate about your boss.

## Day 23

Notice positive traits about your colleagues.

## Day 24

Spend time with loved ones.

## Day 25

Think of something great that has happened to you in the last year.

## Day 26

Write a thank-you note to a colleague.

## Day 27

Refrain from gossip or speaking negatively about others.

## Day 28

Compliment a stranger.

## Day 29

Express your thankfulness for life's hardships.

## Day 30

Start a gratitude journal.

“If you want to find happiness, find gratitude.”

- Steve Maraboli



## *What are you grateful for?*

Gratitude is a key factor for living a life filled with positivity. Unfortunately, many of us aren't in the habit of expressing gratitude on a daily basis. With a little help and practice, being grateful can easily become a part of your life. We challenge you to tackle the 30-Day Gratitude Challenge.

This wellness challenge is designed to help you harness the power of gratitude in both your professional and personal life. Each day features a small, achievable goal to help you express gratitude and better appreciate the little things in life.

Start the 30-Day Gratitude Challenge to feel happier, healthier, and more grateful instantly!

