

Express Gratitude

Your Wellbeing Activity

Express Gratitude

Take 15 minutes and make a list of at least 25 things you are grateful for. Then, choose at least one actionable way to express your gratitude this week.

Easy ways to express gratitude:

SAY THANK YOU

Say thank you to acknowledge gestures of kindness.

START A GRATITUDE JOURNAL

Express gratitude privately within the pages of your journal.

DO A RANDOM ACT OF KINDNESS

Do a random act of kindness and brighten someone else's day.

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