



MONDAYS

with Mike

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The scientific impact of gratitude

Gratitude is a powerful human emotion. By conveying and receiving simple “thank you” messages, we can truly derive the pleasure we seek everywhere else. Gratitude means gratefulness or thankfulness. Happiness fluctuates, while gratitude is constant. Gratitude can hold us up when we feel happiness has vanished. The more grateful we are, the happier we become! Said another way, we can’t be negative and grateful at the same time.

Here are some scientifically proven benefits of cultivating and expressing gratitude on a daily basis:

- We experience greater life satisfaction.
- We have less symptoms of depression or anxiety.
- We engage in healthier activities.
- It protects us from burnout.
- We feel more valued.
- We work harder and feel more fulfilled.
- We identify and solve problems more easily.
- We are more likely to provide help to others.
- We become more trusting and trustworthy.

Gratefulness is a choice we make. What a great way to fuel ourselves each day by simply finding key actions, observations, and experiences that we can be grateful for.

Let’s make gratitude a daily workout.

Have a week full of gratefulness and thankfulness!