



## **Gratitude Guide To Healthier Living**

**This exercise is performed at two important times of the day, in the morning while you are just getting moving and again at night just before you go to sleep. Researchers have found that gratitude exercises actually make people happier in their lives**

**Here is how to perform the exercise.**

### **Morning:**

**When you wake up and start moving in the morning, pause for a short period of time and reflect on your life,**

**Think of 3 things you are grateful for or that is going well in your life.**

### **Evening:**

**Every night, before you retire for the night reflect on the day,**

**Think of 3 things that went well for you or that you were grateful for during your day!**

**Try this for exercise along with a spouse, loved one or friend to increase the connection of the joy shared.**