

LOGO

Lawley

INSURANCE | EMPLOYEE BENEFITS

# GRATITUDE IS THE ATTITUDE CHALLENGE

## FOCUS ON RELIEVING STRESS AND PAIN WHILE IMPROVING HEALTH OVER TIME.

The challenge begins on \_\_\_\_\_  
Record three things you are grateful for every day, for 21 days.

### BENEFITS OF GRATITUDE:



**RELAXED**  
body state



**IMPROVES**  
health overtime

**Practicing gratitude** is heavily connected to controlling basic emotion regulation, such as heart rate levels, arousal levels and stress.

**DID YOU KNOW?**



Feeling grateful and recognizing help from others creates a more

**RELAXED BODY STATE**



**LOWERS**  
stress



**ALTERS**  
brain function



**HELPS**  
with depression



**START DATE:** \_\_\_\_\_

**END DATE:** \_\_\_\_\_

### HOW IT WORKS

For this challenge, write down three things you are grateful for every day, for 21 days. Try not to repeat what you are grateful for.

At the end of the challenge, submit your tracker to be eligible for prizes. Those who complete at least 14 days will be eligible for prizes!

**SUBMIT YOUR TRACKER TO** \_\_\_\_\_

**BY:** \_\_\_\_\_

**TO BE ELIGIBLE FOR:** \_\_\_\_\_

