

CHALLENGE TRACKER

GRATITUDE IS THE ATTITUDE

LOGO

Lawley

INSURANCE | EMPLOYEE BENEFITS

PARTICIPANT NAME: _____

START DATE: _____

END DATE: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

INSTRUCTIONS:

For this challenge, write down three things you are grateful for every day for 21 days.

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 a prize.

SUBMIT YOUR TRACKER TO:

BY:

TO BE ELIGIBLE FOR:



IT CAN HELP RELIEVE STRESS AND PAIN.

Gratitude can be seen in the brain when we socialize and experience pleasure. The same regions are also heavily connected to the parts of the brain that control basic emotion regulation, such as heart rate and arousal levels, and are associated with stress relief and thus pain reduction. Feeling grateful creates a more relaxed body state and allows the subsequent benefits of lowered stress to wash over us.



IT CAN IMPROVE OUR HEALTH OVER TIME.

Gratitude relies on the brain networks associated with social bonding and stress relief, this may explain in part how grateful feelings lead to health benefits over time.



IT CAN HELP THOSE WITH DEPRESSION.

Gratitude can alter brain function in depressed individuals and may induce structural changes in the same parts of the brain. Overtime the mental practice of gratitude may even be able to change and re-wire the brain.



REMEMBER!

Try not to repeat what you are grateful for!

Thank you