

# Practicing Gratitude

*Adopting an attitude for gratitude, by simply expressing appreciation and being more grateful, can measurably improve your overall well-being. Practicing gratitude actually rewires our brain, kickstarting the production of dopamine and serotonin. This has a wonderful effect on the body, both physically and mentally! If you practice gratitude each day, you will notice a drastic difference in your overall well-being. Since we aren't meeting daily, however, for this course we are going to practice an attitude of gratitude on a weekly basis!*

*You will not be required to submit these every week. However, we will discuss gratitudes weekly, and there will be a submission once a month*

## **TASK:**

**Each week (your choice of day), write down three things that you are grateful for in life for that week. It can be anything from having clean clothes, to certain friends, to having the opportunity to showcase your talents! Just try to write down three different things each week.**

**Week 1:**

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**Week 2:**

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**Week 3:**

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**Week 4:**

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*\*When full, print off a new sheet and continue practicing the attitude for gratitude\**