



Top 5 reasons Gratitude is important:

The gift of gratitude is the antidote to the emotions that, when left unchecked, cause some of our biggest problems in life.

1. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.
2. Gratitude improves your self-esteem
3. Gratitude helps us become more positive and optimistic.
4. It allows us to be more resilient and deal with adversity better.
5. Gratitude lowers stress and anxious thoughts.