Gratitude

❤️ Strength of heart
What is gratitude?

Appreciating what you’ve been given
“Look around, look around at how lucky we are to be alive right now!”

— Lin-Manuel Miranda, 
Hamilton: An American Musical
Why does gratitude matter?

- Grateful people are happier and more fulfilled.
- When you express gratitude, it strengthens your relationships with others.
- Gratitude leads you to be nicer to other people: more cooperative, patient, and trusting.
Pulse Check

How many of these things are true for you?

• I said “thank you” to someone.
• I did something nice to show my appreciation.
• I can list lots of people and things that I’m lucky to have in my life.
• I noticed when someone helped me.
• I felt a sense of thankfulness.