

# company,

# GRATITUDE

*a daily practice.*



## Start your day the right way

*by making gratitude your attitude.*

Gratitude is the practice of looking at your life & finding something to appreciate about it. It's not just a good idea, it's a scientific hack for a happier brain. Research has found that doing this daily significantly improves your mental & physical health, releasing those joyful little neurotransmitters serotonin & dopamine, benefitting your sleep, immune system and decreasing the risk of disease. It's one of the easiest ways to change your mind & if nothing else, what a lovely way to start your morning! Example:

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### MONDAY

I'm grateful that I have a whole week ahead of me to achieve my goals. I'll be able to tick things off my to do list & start again with a fresh outlook.

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### TUESDAY

I had an amazing dinner before I went to bed last night. I never normally cook but I made chicken & it was amazing, chef vibes for the win.

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### WEDNESDAY

I'm grateful that I had a dinner with my family last night, we never get together & when we do I really appreciate the time we have.

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### THURSDAY

I'm grateful that I woke up feeling refreshed today, I am rested, I have energy & I feel good within myself, which doesn't happen often so that's a real treat.

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### FRIDAY

I had an email from my manager today to say I was doing a great job. I've been working incredibly hard & for it to be noticed is something I really needed.

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### SATURDAY

I had a great night out, it was a 90s themed party and I embodied Mariah Carey like no body else could. Not even Mariah. I had so much fun!

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### SUNDAY

I'm grateful I have a wardrobe full of clothes. Even though I only wear 4 items out of 372, I have the illusion of choice, & it means I had the means to buy them, which is a privilege.

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**company,**

**MY GRATITUDE**

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**MONDAY**

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**TUESDAY**

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**WEDNESDAY**

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**THURSDAY**

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**SATURDAY**

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**FRIDAY**

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**SUNDAY**

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