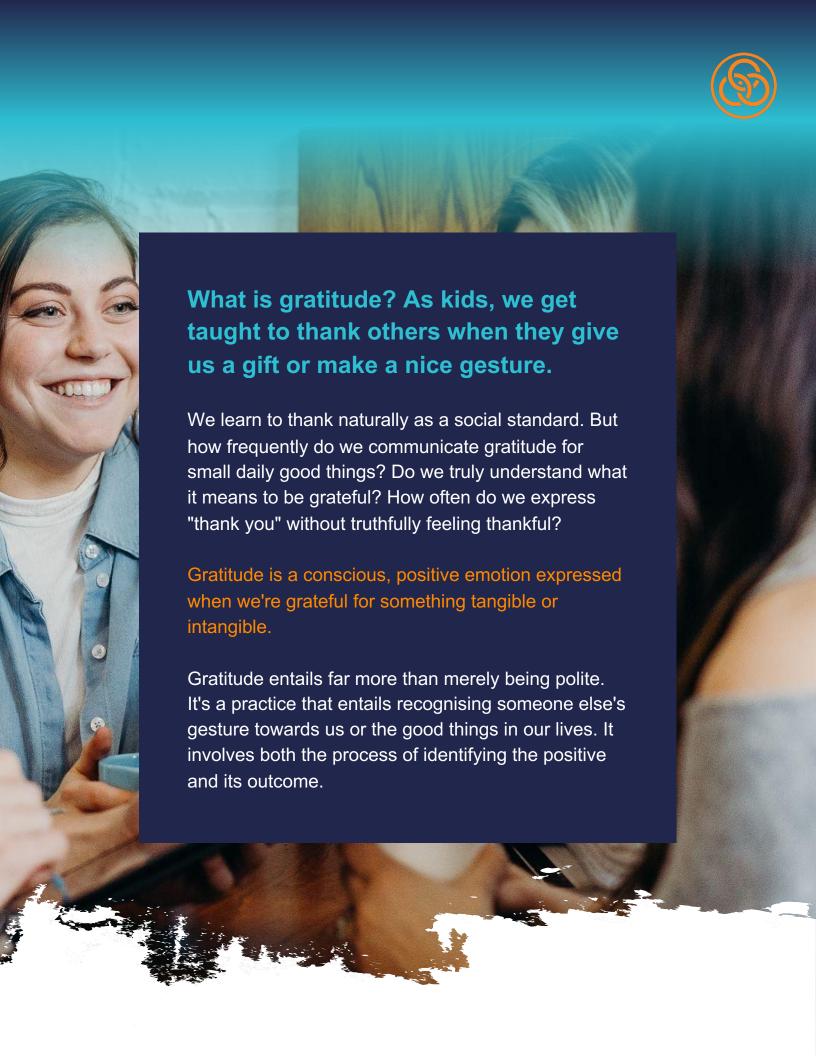


7 Day Gratitude Challenge

TO SKYROCKET YOUR HEALTH GOALS





Gratitude is vital for psychological well-being and personal growth.

Regular expressions of gratitude result in increased happiness and reports of greater life satisfaction, meaningfulness, and productivity.

Dopamine (a chemical released in the brain that makes you feel good) is unleashed in the brain when someone expresses or receives gratitude.

Dopamine gets produced in two brain regions: the substantia nigra and the ventral tegmental area. The former is concerned with movement and speech, while the latter is concerned with reward. Dopamine is released when a person expresses or receives gratitude, creating a link between the behaviour and feeling good. The more a person expresses gratitude, the more dopamine is released.



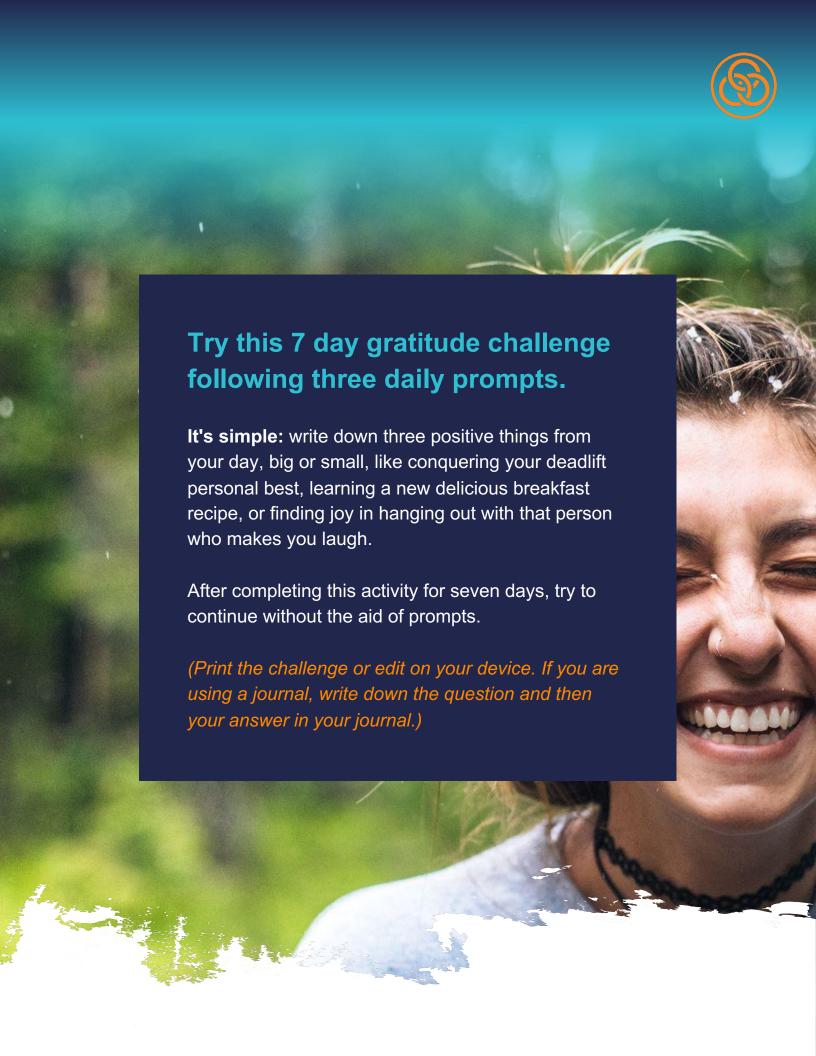
When expressed regularly, gratitude is a powerful emotion with numerous positive consequences:

- > increased happiness,
- > positive mood,
- > more satisfaction with life,
- > less materialistic,
- > less likely to experience burnout,
- > better physical health,
- > better sleep,
- > less fatigue,
- > lower levels of cellular inflammation,
- > greater resiliency,
- > encourages the development of patience, humility, and wisdom.

Expressing gratitude is a simple, quick, and inexpensive everyday intervention that can help reach your nutrition, fitness and wellness goals.



Mills PJ, Redwine L, Wilson K, Pung MA, Chinh K, Greenberg BH, Lunde O, Maisel A, Raisinghani A, Wood A, Chopra D. The Role of Gratitude in Spiritual Well-being in Asymptomatic Heart Failure Patients. Spiritual Clin Pract (Wash D C). 2015 Mar;2(1):5-17. doi: 10.1037/scp0000050. PMID: 26203459; PMCID: PMC4507265.





(One good thing that happened to me today
	Compthing good that Lague company do
	Something good that I saw someone do
	i
′ -	Today I had fun when…
(



	Something I accomplished today
(Something funny that happened today
(Someone I was thankful for today





Something I was thankful for	today	
_	-	
\)
	I	
Today I smiled when		
Today i Sillied Wileii		
	i I	
Something about today I'll alv	ways want to remember	· ·
		,



	One good thing that happened to me today
\	
/	Today was special because
\	
	Today I was proud of myself because
(



	Something interesting that happened today
\	
/	
/	Someone I was thankful for today
(
	Today I had fun when



Someth	g about today I'll always want to remember…	
Someth	ng funny that happened today	
	<u> </u>	
My favo	rite part of today	



Something I was happy about today	
Something good I saw someone do too	day
Something I did well today	