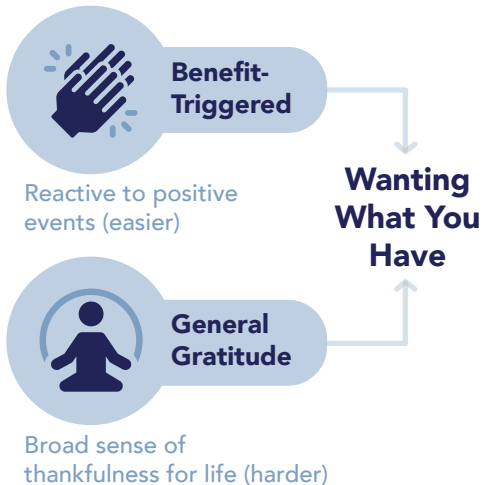


Gratitude: Wanting What You Have

Based on insights from #thegrowthprojectpodcast

DEFINING GRATITUDE



SIMPLE DAILY PRACTICES



The Classic:

Write 3 specific things daily



The Commute:

Reflect on opportunities while driving



The Body Scan:

Acknowledge healthy body parts

SCIENCE-BACKED BENEFITS



Neural Pathways

Rewires brain to "hunt for the good"



Chemical Shift

Lowers cortisol (stress), increases oxytocin (bonding)



Sleep & Immunity

Rewires brain to "hunt for the good"



Relationships

Enhances connection, deepens bonds

21-DAY CHALLENGE



Commit to Writing Down 3 Specific Things Each Day for 3 Weeks

Rewire your brain for positivity