

# The Science of GRATITUDE

The science is in — a grateful disposition reduces materialism, risk of burnout and symptoms of depression and makes you happier! Here are three small acts with big impacts to help you practice gratitude daily.

## 1. Handwritten Notes

### Get Started:

- Pick up a pen and a pack of blank notecards.
- Send at least one note a week.
- Keep it positive, including at least one reason why you're grateful for this connection.



**Studies show...** People who write notes are more satisfied with life and show fewer symptoms of depression.<sup>1</sup>



## 2. Small Acts of Kindness

### Get Started:

- Buy coffee for a coworker or donuts for the office.
- Be a genuine listener — look for opportunities to fill a need.
- Get lunch with a friend who is new to the area.



**Studies show...** More kindness means more happiness! When participants in one study performed acts of kindness for friends, family members and colleagues for seven days, they all reported higher levels of happiness and well-being.<sup>2</sup>

## 3. Daily Gratitude Check-Ins

### Get Started:

- Write three things you're grateful for on a sticky note, and glance at it regularly.
- Take a daily walk, and reflect on what you're grateful for.
- Keep a gratitude journal, updating at the beginning or end of your day.



**Studies show...** Counting our blessings increases well-being. Writing down what you're grateful for each week creates more life satisfaction and optimism for the week ahead.<sup>3</sup>



I'm grateful for you, and happy to help keep you accountable on your own gratitude journey!

SOURCE: <sup>1</sup>Jamie Ducharme, "Why You Should Write More Thank You Notes," Time Magazine, August 31, 2018. <sup>2</sup>Kindness.org, "Does Kindness Create Happiness?" January 26, 2017. <sup>3</sup>Summer Allen, The Science of Gratitude (Berkeley, CA: Greater Good Science Center, 2018).

# H[A P P]INESS Tracking

As you increase your happiness, use these apps to track your progress and remind you to smile, breathe and have a bit of fun!

## 1. Track Your Happiness

Created by Harvard University researchers, this app prompts you to answer questions throughout the day, generating a “happiness report” after 50 questions.

## 2. Happify

This app calculates happiness score based on a questionnaire. It provides games and activities to help shift your mindset, tackle stress and find more happiness.

## 3. My Gratitude Journal

This digital journal helps you track five things you're grateful for each day, and gives rewards as incentives to stay consistent.





IT'S SO  
**REFRESHING**  
TO HAVE  
A CLIENT  
LIKE YOU!

.....  
*Oh, by the way\*...I'm never too busy for any of your referrals!*



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## The Science of Being Grateful

Dear Friend,

A grateful heart lifts your own spirits and the spirits of those around you. When you commit to an attitude of gratitude, you foster more meaningful relationships with the ones you care about — yourself included.

We know that practicing gratitude has a powerful impact on others, but did you know it can impact you too? The information I'm sending this month serves it all up with some science on the side. You'll learn three simple ways to express gratitude each day, and how each one has been proven to increase your well-being. I also suggest a few apps you can use to track your happiness, so you can see how your emotional state changes when you commit to a grateful heart!

With so much giving in the air this time of year, take a few moments to reflect on your own practice of gratitude. Remember, I'm grateful for you and if there's anything I can do to be of service during this busy time of year, give me a call!

Sincerely,

*Oh, by the way®... if you know of someone who would appreciate the level of service I provide, please call me with their name and contact information. I'll be happy to follow up and take great care of them.*