



TODAY I AM GRATEFUL FOR...

Photo by Debby Hudson on Unsplash



What are you grateful for today? A child's laughter? A good hair day? A hot cup of coffee? A friend's company? The right song at the right time? A good book? The changing seasons? A funny pet video that made you smile?

Research shows taking time to intentionally practice gratitude makes us happier. Try keeping a gratitude journal, or make a note in your planner or phone each day.

Practicing gratitude encourages Self-Awareness, one of five core Social Emotional Learning Competencies. Learn more here: bit.ly/nysel