

TAKE A GRATITUDE MOMENT EVERY DAY

“Gratitude is the key to wellness, growth and fulfillment. Any person who works with a state of gratitude will bring greater wellness to anyone they come in contact with.”

DR. JOHN DEMARTINI



Write down 5 things you are grateful for.



Send a positive message or a “Thank you” note to a friend, a family member, or a coworker.



Write down the best thing that happened to you in the last 24 hours.



Smile – a smile can be contagious if it comes from the heart. Giving a gift of smile to another person is one the best things you can do for yourself and for others.



Meditate for 5 minutes.

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