



Did you know that naming three new things you are grateful for each day for 21 days can literally change your brain chemistry? Noticing and reflecting on things we are thankful for can train our minds to focus on the good happening around us! Here is a simple gratitude journal. You might want to ask a friend to do this with you. Maybe your whole office might do this as they work remotely, or your family could start or end your day with a thankful reflection. Notice if you grow in gratitude over this time!

Keep spreading Hope, Help, and Strength!

Sources of Strength

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