

Do you want to be
Engaged, Productive,
Positive & Creative?



Deborah
Connors

THEN DO YOUR GRATITUDE!



1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

Research shows that practicing gratitude by writing down at least three things
you are grateful for each day increases your positivity.