

FitBiz Watercooler Wellness

May 2019

GET MOTIVATED! - The Gratitude Challenge

How can you turn gratitude into a daily habit?



Grab your favorite notebook and make a point every day to write down three things you are grateful for.

Recognizing the good things in your life helps you step away from your problems for a moment.

Feeling a sense of gratitude leads to a positive mental state that is free of emotions like envy, frustration, resentment and regret.

It only takes a minute each day but can change your whole outlook on life. Give gratitude a try and see what this simple habit can do for you!



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Healthy Workforce, Healthy Bottom Line



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