

Summer of Gratitude

Week 1- Gratitude Improves Personality



- Increased Optimism
 - Gratitude is the act of focusing on the good things that happen in life. If we see our life as “good” now, chances are we will believe our future is to hold more good. This concept is considered “Optimism”.
 - [Research has shown](#) that higher levels of optimism can increase your life span.
 - All it takes is just 5 minutes each day!
- Decreased Materialism
 - Sadly, Americans today are obsessed with material happiness: more money, a bigger house, the newest tech gadget.
 - Gratitude helps to enforce the idea that some of the best things in life can not be purchase, but should instead be fostered.
 - [Click here for more information](#) about gratitude and materialism.

[Need ideas for your gratitude journal?](#)

Look for things that can increase your optimism or decrease materialism.