

Summer of Gratitude

Week 10 - Gratitude Improves Social Life



- Better Marriage
 - Once couples move out of the “honeymoon” phase of their relationship, they start to take each other for granted. They start to forget the reasons they were initially attracted to each other and instead focus on the not so pleasant traits their partner possesses.
 - It has been studied that those who express gratitude towards their partner on a regular basis have a better relationship with each other, and will stay together longer.
 - Regardless of other factors such as finances, poor communication or demographics, by letting your partner know that you appreciate them will strengthen the likelihood that you will stay together.

Need ideas for your gratitude journal? What do you appreciate most about your current or a previous significant other?