

Summer of Gratitude

Week 2- Gratitude Improves Personality



- Increased Self-Esteem
 - It has been theorized that those who display gratitude frequently tend to be less likely to participate in social comparisons.
 - Gratitude is the art of focusing on the benevolence of those around us and decreases feelings of resentment.
 - This in turn can be reflected by an increase in self-esteem.
- Less Self-Centered
 - Have you noticed that many of things that you are grateful for do not pertain to yourself?
 - We are typically grateful for what others have done for us.
 - Expressing gratitude causes us to look outside ourselves and appreciate the kindness of others.

Need ideas for your gratitude journal?

Look for things that can increase self-esteem or cause you to look “outside yourself”.