

Summer of Gratitude

Week 9 - Gratitude Improves Social Life



- Better Relationships
 - As humans, we have a need to connect with others and to have deep, meaningful relationships.
 - If you keep a gratitude journal, you are more likely to feel the desire to help others, just as you have been helped. You are more than willing to provide emotional support to others in need. This will in turn strengthen your relationships.
- Gratitude can help us to better perceive kindness, and will naturally make us want to reciprocate these feelings. You can read more about this concept [in this study review](#).

Need ideas for your gratitude journal? Which of your friends are you most thankful for? Who has helped you through troubling times?