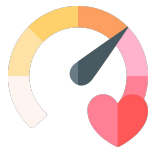


Living Gratefully: A Roadmap to a Positive and Empowered Life

Key Takeaways

1

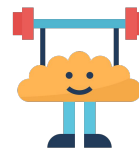
Benefits of cultivating gratitude



Improves Physical Health



Improves Sleep



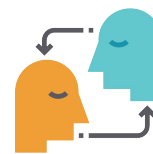
Increases Mental Strength



More Social Connections



Enhances Self-Esteem



Increases Empathy

2

4 ways to cultivate gratitude



Check in with your own emotions

Be mindful of the way you're paying attention to the things happening in your life



Keep a gratitude journal (or a gratitude jar!)

Make it a habit to reflect and write down at least 3-5 things that you are grateful for at least once a week



Share your appreciation

Give a compliment or praise. Let other people know that you appreciate them

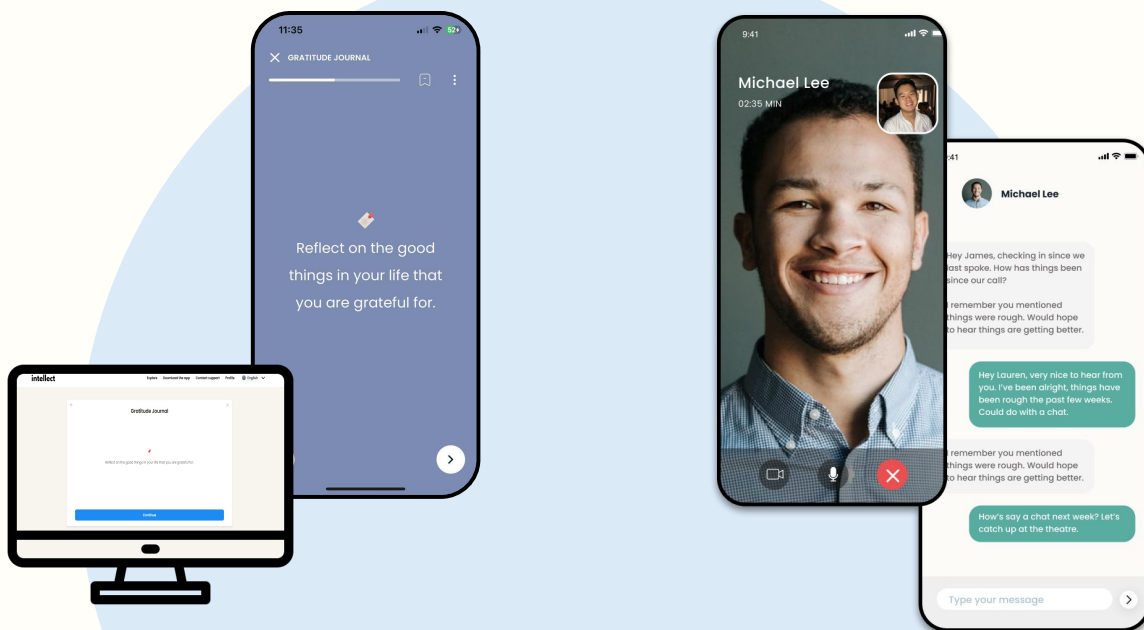


Practise gratitude meditation

Gratitude meditation is a type of meditation that focuses on expressing gratitude for the things in your life

From Insight to Action: Put Your Skills to Work Today!

Start cultivating gratitude with support through **immersive self-guided learning modules** complemented by **personalised 1:1 coaching support**



Gratitude Journal

Journal designed for you to reflect on and note down the good things in your life that you are grateful for

1:1 Coaching

Discuss with your coach on ways to maintain gratitude in your daily life

Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

