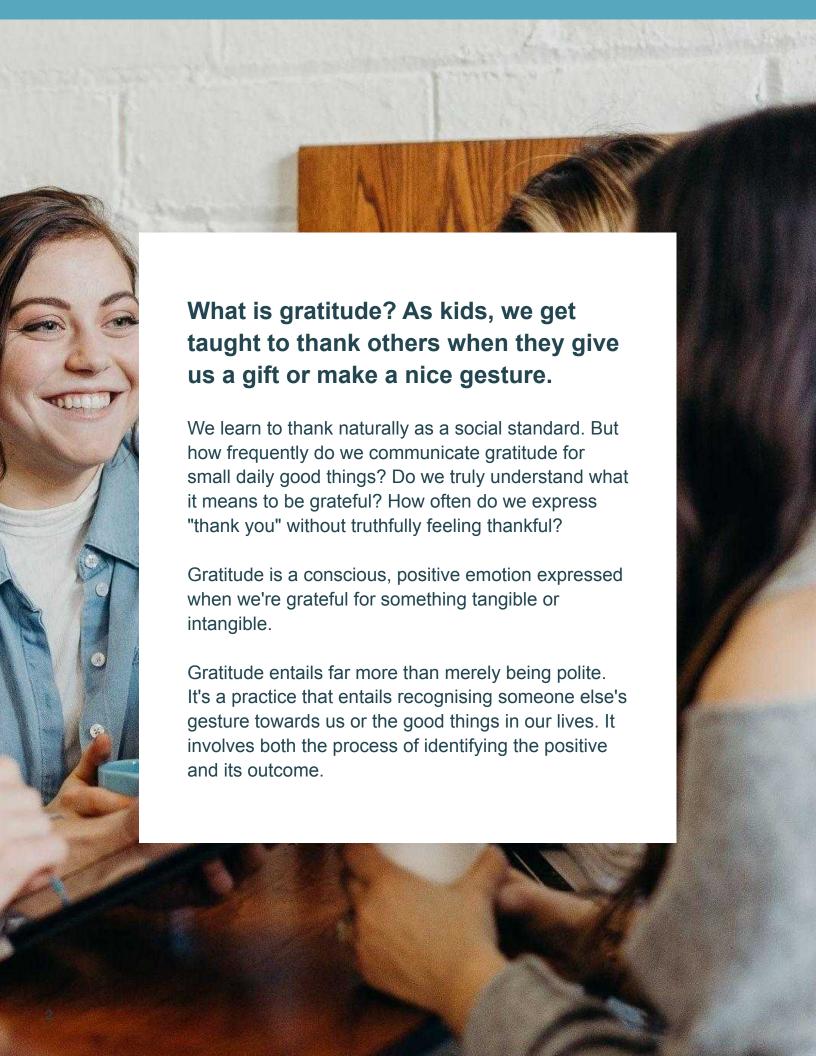
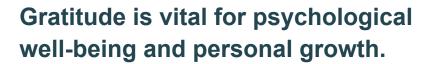




7 Day Gratitude Challenge

Reduce your stress & anxiety, and feel happier with a daily gratitude practice.





Regular expressions of gratitude result in increased happiness and reports of greater life satisfaction, meaningfulness, and productivity.

Dopamine (a chemical released in the brain that makes you feel good) is unleashed in the brain when someone expresses or receives gratitude.

Dopamine gets produced in two brain regions: the substantia nigra and the ventral tegmental area. The former is concerned with movement and speech, while the latter is concerned with reward. Dopamine is released when a person expresses or receives gratitude, creating a link between the behaviour and feeling good. The more a person expresses gratitude, the more dopamine is released.

When expressed regularly, gratitude is a powerful emotion with numerous positive consequences:

- > increased happiness,
- > positive mood,
- > more satisfaction with life,
- > less materialistic,
- > less likely to experience burnout,
- > better physical health,
- > better sleep,
- > less fatigue,
- > lower levels of cellular inflammation,
- > greater resiliency,
- > encourages the development of patience, humility, and wisdom.

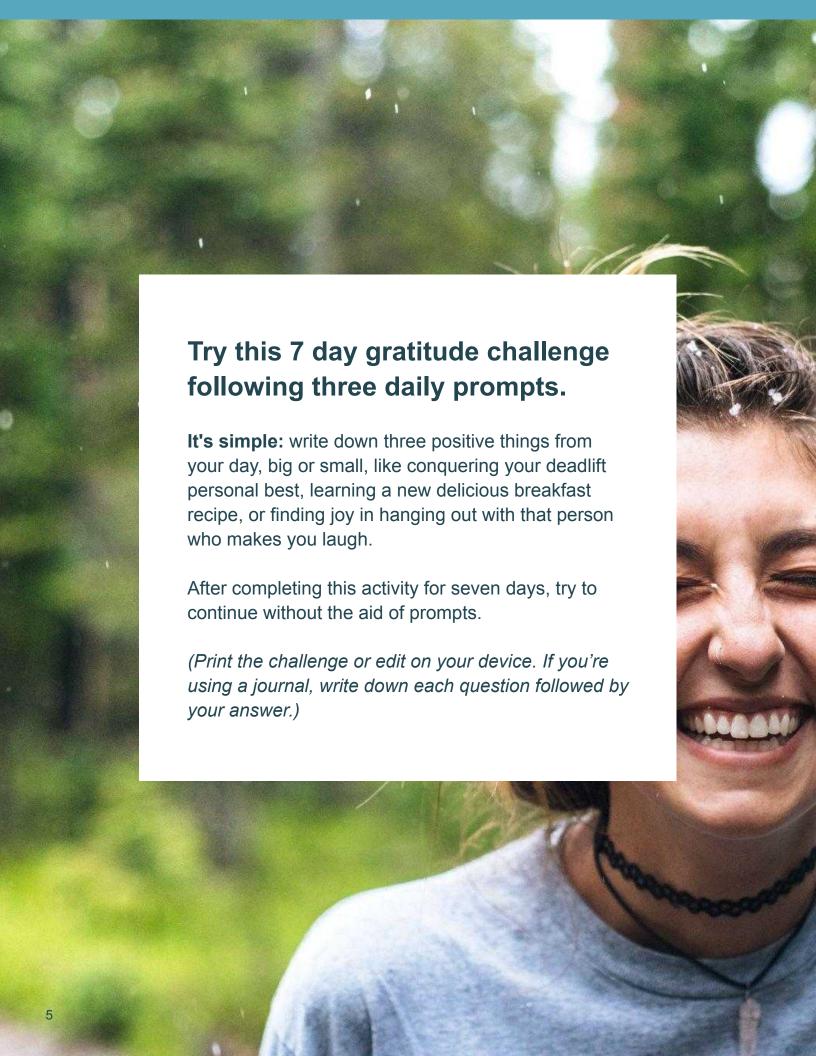
Expressing gratitude is a simple, quick, and inexpensive everyday intervention that can help you reach your nutrition, fitness and wellness goals.

References:

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One good thing that hap	pened to me t	today	
		ı	
Something good I saw s	omeone do		
		; 	
		i I	
Today I had fun when			



Something I was pro	ıd to accomplish today	
	1	
Something funny tha	t happened today	
,	· ···appoilou touay ···	
Someone I was than	ful for today	



omething I was thank	ful for today		
		1	
oday I smiled when			
Something about toda	y I'll always wan	t to remember	



Something that	nappened today	that made me fe	el good	
oday was spec	ial because			
Гoday I was pro	ud of myself be	cause		
	-			



ething interesting that happo	ened today	
eone I was thankful for toda	y	
y I had fun when	1	



omething about to	day i'ii always	s want to rememb	oer	
omething funny tl	nat happened	today		
y favourite part o	f today	ı		



Something I was happy	about today	
	ı	
Something good I saw	someone do today…	
Something I did well to	day	





Hi, I'm Wendy. I'm the founder of Wendy's Way to Health, and I'll teach you how to get healthier without dieting, restricting food groups, or crazy exercise regimes.

If you enjoyed this simple gratitude challenge, then here's how to get your hands on more of my healthy living content.

Subscribe to my email list (if you haven't already): <u>JOIN THE WENDY'S WAY EMAIL</u> <u>COMMUNITY</u>.

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If you have any questions, or need any help, please email customer.service@wendyswaytohealth.com

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