



THE SCIENCE

Research shows that expressing gratitude is key to creating happiness for ourselves. Experiencing gratefulness asks us to take a positive focus on our world, including the love we share with those close to us, the joy we get from being part of a community, or the awe we experience when we observe the world and all its wonders.

NOW DO IT!

Try some gratitude awareness exercises that have been tied to boosting happiness. Start by thinking about something you are grateful to your brain for!

Next, use the *TBH Grateful Thinking Journal* (or the following worksheet page) to write down at least two things you are grateful to your brain for helping you do today.

TBH TAKEAWAY

Find a time each day this coming week to continue using the *TBH Grateful Journal* to jot down a bit of brain appreciation. Continue your gratitude training with a daily gratitude journal after that.

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