

# The power of gratitude. Take a moment to reflect.



Performance**Plus**



People who take the time at the end of the day to write down a few things they are grateful for **have stronger immune systems, lower blood pressure and better quality of sleep.**

Each day stop and write down something that you are grateful for.

The power of gratitude.  
Acknowledge and compliment.



Performance**Plus**

Regular grateful thinking  
can increase one's happiness  
by as much as 25%.

.....  
Making someone else feel appreciated  
and valued makes them feel good and  
makes you feel good at the same time.

