

Name \_\_\_\_\_

## The Magic of Gratitude: Counting the Benefits

### Short Answer

1. Explain how practicing gratitude can improve mental health.
2. Provide an example of how expressing gratitude to someone can strengthen a relationship.
3. How can gratitude help individuals become more resilient in the face of challenges?
4. Share a personal experience where practicing gratitude made a positive difference in your life.
5. Describe a situation where you encouraged others to practice gratitude and the impact it had on your group or community.

