Name _____

The Power of Gratitude: Why We Should Be Thankful

Short Answer

1. How does gratitude improve mental well-being?

2. Explain the connection between gratitude and stronger relationships.

3. How does practicing gratitude help individuals become more resilient during challenging times?

4. What role does gratitude play in fostering generosity and kindness?

5. Provide an example of how gratitude can shift our focus from what's missing to what's already present.

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