

Name _____

The Power of Gratitude: Why We Should Be Thankful

Short Answer Key

1. Gratitude improves mental well-being by reducing feelings of anxiety and depression. When we acknowledge and appreciate what we have, it leads to a more positive outlook on life and reduces negative emotions.
2. Expressing gratitude strengthens relationships by fostering deeper connections and mutual trust. When we acknowledge and appreciate others, it creates a sense of closeness and strengthens the bonds between individuals.
3. Practicing gratitude helps individuals become more resilient during challenging times by providing comfort and motivation. When facing adversity, remembering the things we're thankful for can provide emotional support and the drive to overcome obstacles.
4. Gratitude inspires generosity and kindness by making individuals more aware of the positive aspects of life. When we are thankful for what we have, we are more likely to share our blessings with others and contribute to our communities.
5. Responses may vary.

