

# “Attitude of Gratitude”

The act of gratitude plays an important role in psychological wellbeing and self-actualization (Maslow, 1981). Regular expressions of gratitude lead to increased feelings of happiness (Dickens, 2017) as well as reports of higher life satisfaction, meaningfulness, and productivity (Emmons & Crumpler, 2000).



## Writing Prompt:

Part 1: What are five (5) things in your life for which you are grateful?

Part 2: WHO is someone in your life which you are grateful for and WHY?

