



gratitude

Thanks *giving*

generosity

- More hopeful & healthier

- More hopeful & healthier
- Improve sleep quality

- More hopeful & healthier
- Improve sleep quality
- Increase self-esteem

- More hopeful & healthier
- Improve sleep quality
- Increase self-esteem
- Increase healthfulness & empathy

- More hopeful & healthier
- Improve sleep quality
- Increase self-esteem
- Increase healthfulness & empathy
- Increase mental & emotional resilience

TECH & SCIENCE

5 SCIENTIFICALLY PROVEN BENEFITS OF GRATITUDE

BY **DOUGLAS MAIN** ON 11/25/15 AT 6:42 PM EST



This Thanksgiving, give thanks. It's really, really good for you.

MARIO ANZUONI / REUTERS

FEATURED SLIDESHOWS



A Look at Every Starbucks Winter Holiday Cup By Year from 1997 to 2019



What Starbucks Christmas Holiday Drinks Are Available This Year?

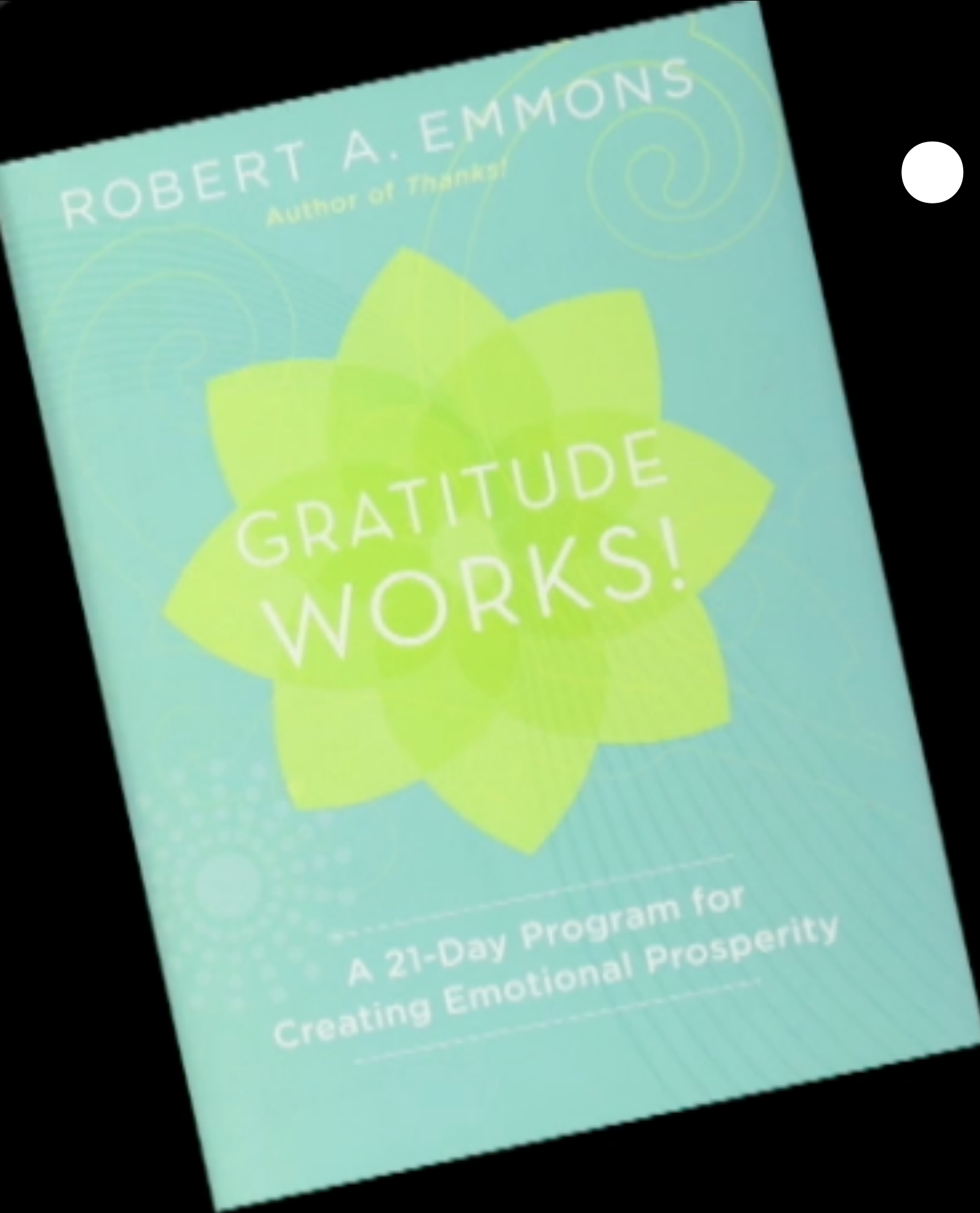


Meet the Master Carver Who Turns Pumpkins Into Portraits

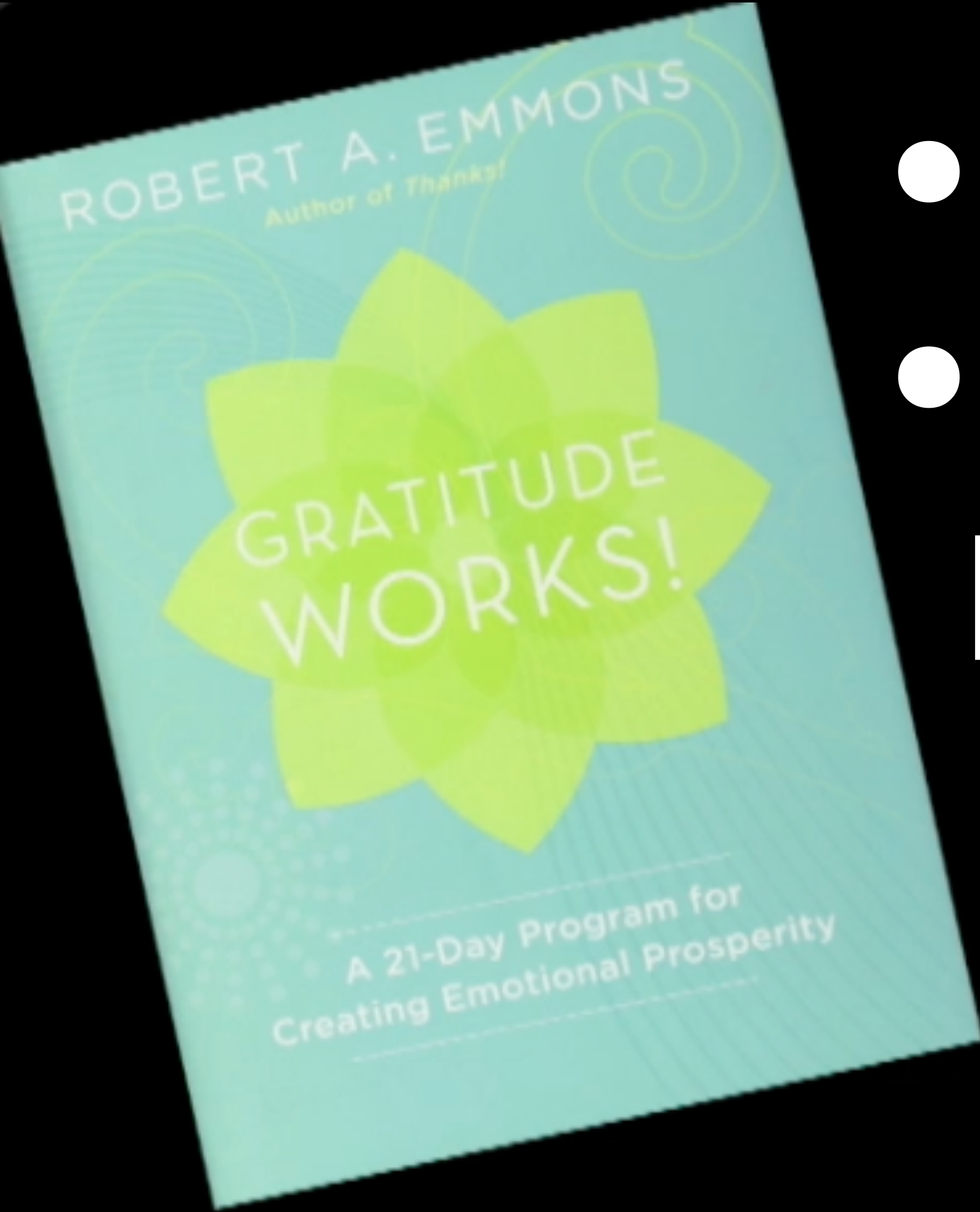
ROBERT A. EMMONS
Author of Thanks!

GRATITUDE
WORKS!

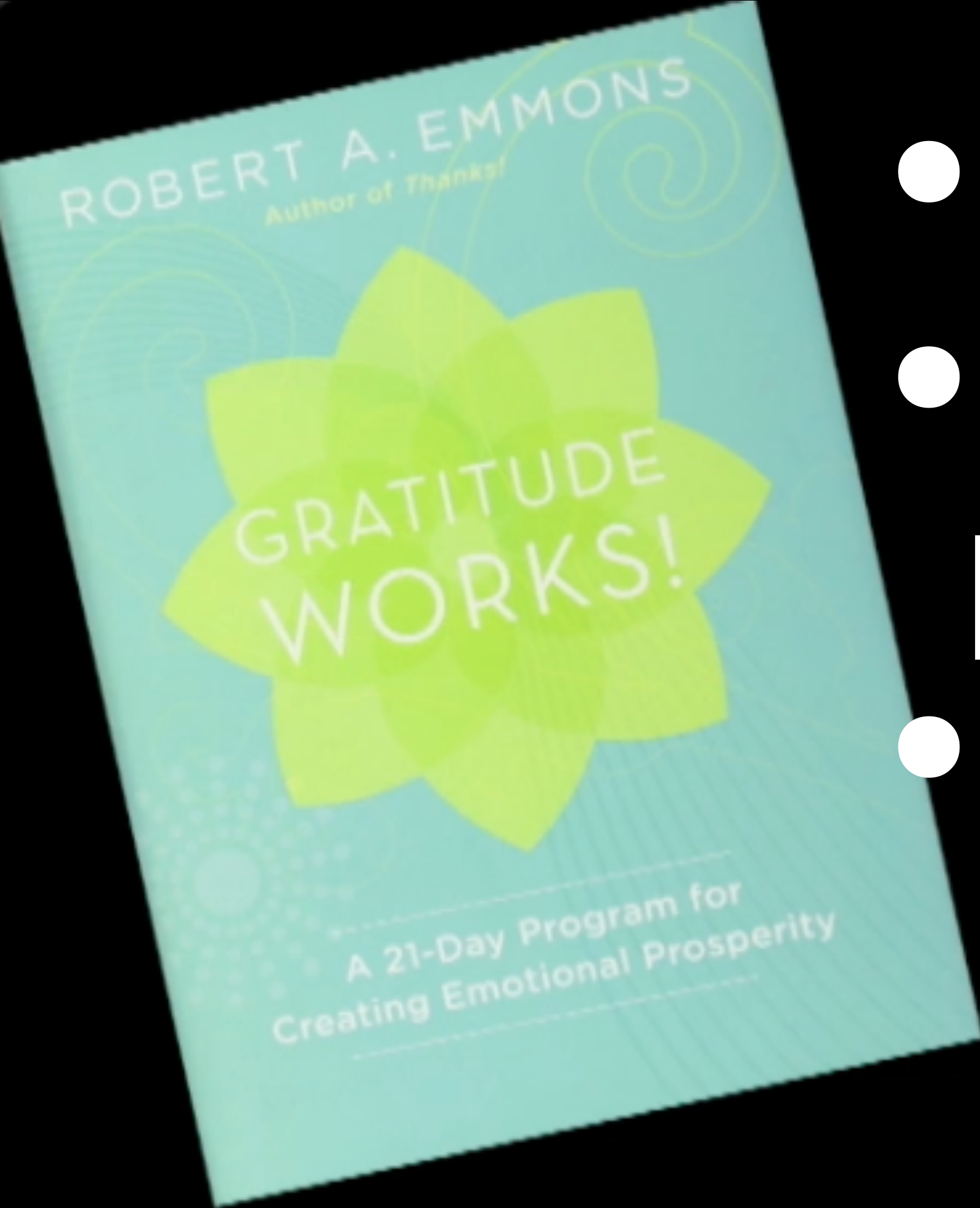
A 21-Day Program for
Creating Emotional Prosperity



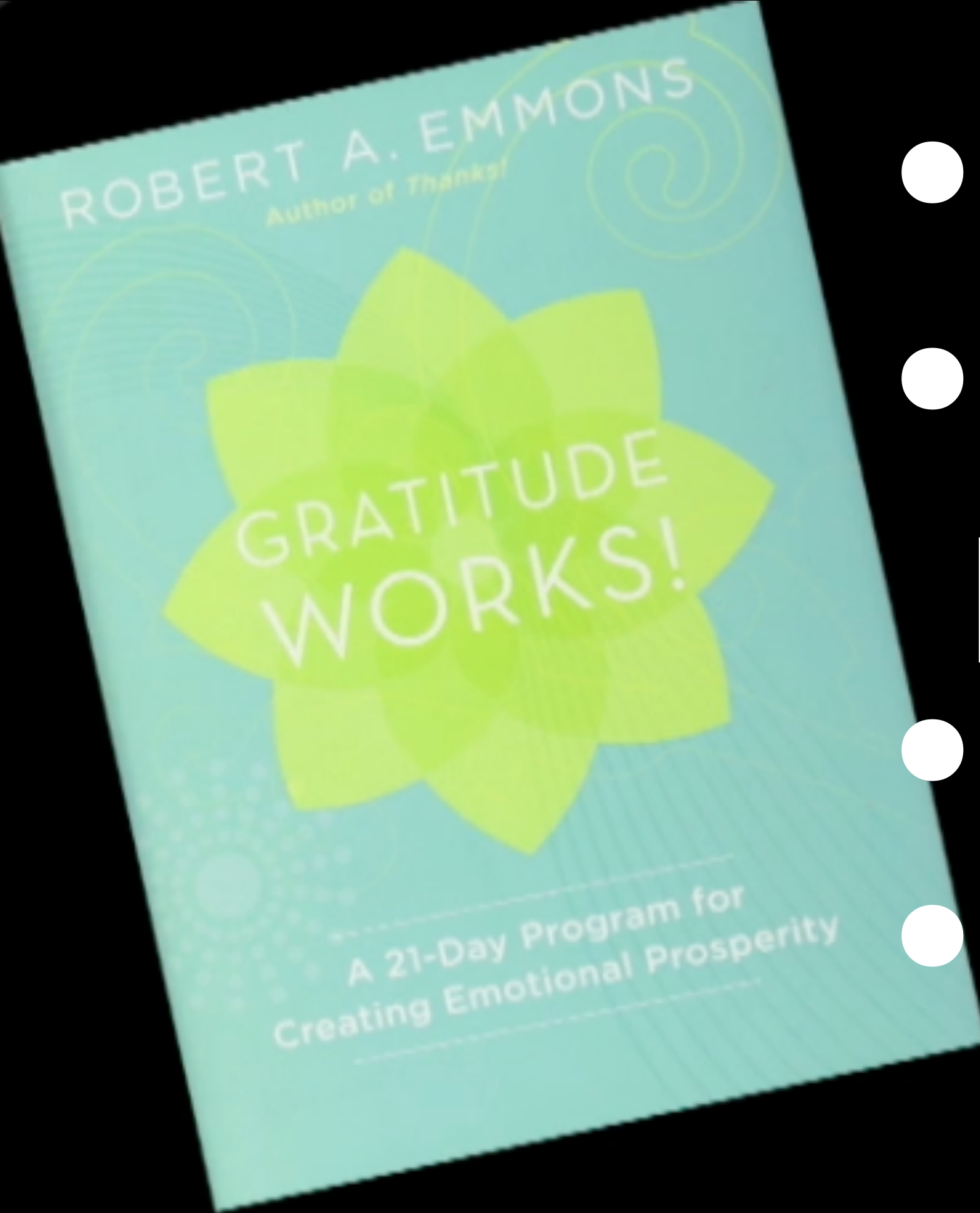
- 25% happier



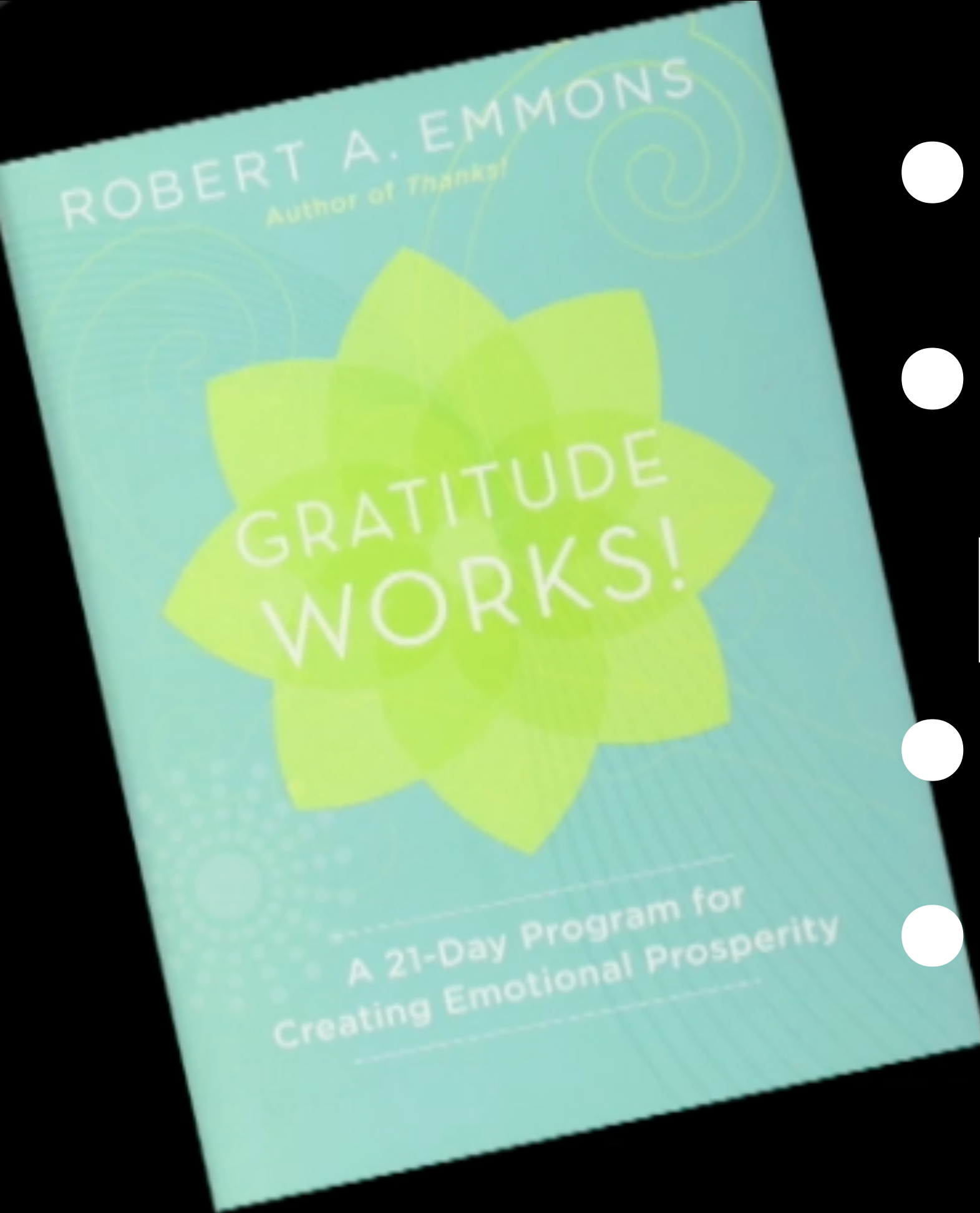
- 25% happier
- Sleep 30 minutes more per night



- 25% happier
- Sleep 30 minutes more per night
- Exercise 33% more



- 25% happier
- Sleep 30 minutes more per night
- Exercise 33% more
- Up to a 10% drop in blood pressure



- 25% happier
- Sleep 30 minutes more per night
- Exercise 33% more
- Up to a 10% drop in blood pressure
- Decrease dietary fat intake by up to 20%

Psalm 103

“Bless the LORD, O my soul,
and all that is within me,
bless His holy name!
Bless the LORD, O my soul,
and forget none of His benefits...”

(Psalm 103:1,2, ESV)

“Bless the LORD, O my soul,
and all that is within me,
bless His holy name!

(Psalm 103:1, ESV)

1. Gratitude **is a choice**

“Bless the LORD, O my soul,
and all that is within me,
bless His holy name!

(Psalm 103:1, ESV)

Our minds are Velcro for
negative information but Teflon
for positive.”

—*Rick Hanson*

“Bless the LORD, O my soul,
and forget none of His benefits....

(Psalm 103:2, ESV)

2. Gratitude **is remembering**

“I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me.”

(Lamentations 3:19,20, NIV)

“Yet this I call to mind and
therefore I have hope: Because of
the LORD’s great love we are not
consumed, for his compassions
never fail. They are new every
morning; great is your faithfulness.”

(Lamentations 3:21-23, NIV)

3. Gratitude **is specific**

Who pardons all your iniquities,
Who heals all your diseases;
Who redeems your life from the pit
Who crowns you with
lovingkindness and compassion;

(Psalm 103:3,4, ESV)

Who satisfies your years with
good things,
So that your youth is renewed like
the eagle.

(Psalm 103:5, ESV)

Who pardons all your iniquities,
Who heals all your diseases;
Who redeems your life from the pit
Who crowns you with
lovingkindness and compassion;
(Psalm 103:3,4, ESV)

As far as the east is from the west,
so far has he removed our
transgressions from us.

(Psalm 103:12, NIV)

Who pardons all your iniquities,
Who **heals all your diseases**;
Who redeems your life from the pit
Who crowns you with
lovingkindness and compassion;
(Psalm 103:3,4, ESV)

...you will not abandon me to the
grave, nor will you let your Holy
One see decay.

(Psalm 16:10, NIV)

Who pardons all your iniquities,
Who heals all your diseases;
Who redeems your life from the pit
Who crowns you with
lovingkindness and compassion;
(Psalm 103:3,4, ESV)

Who pardons all your iniquities,
Who heals all your diseases;
Who redeems your life from the pit
Who crowns you with
lovingkindness and compassion;

(Psalm 103:3,4, ESV)

The LORD is compassionate and
gracious, slow to anger,
abounding in love.

(Psalm 103:8, ESV)

Who **satisfies** your years with
good things, so that your youth is
renewed like the eagle.

(Psalm 103:5, ESV)

Joy doesn't make you grateful.
Gratitude makes you joyful.”

—*Chuck Swindoll*



gratitude

Thanks *giving*

generosity