



We live in a super-busy world that keeps us plugged in 24/7. Sometimes we don't think we have time for a cup of coffee, let alone reflection.

### **The Importance of Reflection and Gratitude**

- ✓ An uneventful or even a disastrous day is filled with valued gifts when we take a moment to reflect upon them
- ✓ Gratitude is one of the most important components for attracting prosperity and abundance

### **Benefits of Reflection**

- ✓ Stronger Emotional Intelligence
- ✓ Stronger Integrity and Leadership
- ✓ Stronger Self-Confidence
- ✓ Personal Growth
- ✓ Stress Relief
- ✓ Success Evaluation
- ✓ Goal Setting
- ✓ Increase in Happiness

## Reflection Tips

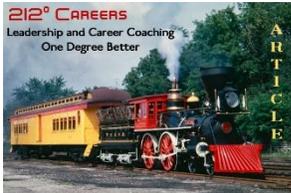
- ✓ Try to get in the habit of journaling
- ✓ If that is too much, try starting a “one-line” journal
- ✓ Choose a time and place to practice self-reflection
- ✓ Go public with some of your ah-ha moments by using social media
- ✓ Several apps can help you

## Benefits of Gratitude

- ✓ Recent research indicates that people who frequently feel grateful experience:
  - increased energy
  - more optimism
  - increased social connections
  - more happiness
  
- ✓ Grateful people are less likely to be:
  - anxious
  - depressed
  - self-absorbed
  - greedy
  - suffering from substance abuse
  - struggling economically
  - having sleep issues
  - be sedentary

## Gratitude Tips

- ✓ Start regularly practicing gratitude
- ✓ Keep it personal
- ✓ Think of something new every day
- ✓ Stay focused on everything that you do have
- ✓ Spread gratitude often
- ✓ Share your gratitude out loud!
- ✓ Turn your failure into a positive
- ✓ Get outside more often
- ✓ Use your “wasted” time



*Scan the QR Code to visit 212-Careers.*

