

# *Gratitude & Forgiveness recommended content*

- Check out these studies on how gratitude makes you healthier -
  - <https://positivepsychology.com/neuroscience-of-gratitude/>
  - <https://thriveglobal.com/stories/how-gratitude-actually-changes-your-brain-and-is-good-for-business/>
  - <https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>
- Your Why: Why is it important to have a why? Because, there are going to be days that are challenging. There are going to be humans who are challenging. YOU are going to challenge yourself. Through all of your life's challenges you need a REASON to keep pushing forward. Your WHY is your reason. That is why it is important to have a strong why. In order to find your answer, simply ask yourself "Why am I doing this?" then ask "Why?" Then again, ask "why?" Do this enough times until you can really FEEL your answer. Toss out the surface level responses, they won't get you to where you want to go.
- Meditation is so vital because when implemented into your daily practices you can; improve your digestion, strengthen the immune system, maintain normal cholesterol and blood pressure levels, calm your mind, body, and your spirit and sleep better! Those are just a few reasons. You can download FREE apps like Insight Timer to help you if you are new to meditating, or even if you are experienced. Here is a great article to read more about the benefits of meditation.
  - [https://liveanddare.com/benefits-of-meditation/?r\\_done=1](https://liveanddare.com/benefits-of-meditation/?r_done=1)
- Breath work is powerful! Here is one technique called Box breathing
  - Take a deep breath through your nose, allowing your belly to expand, count 4 seconds
  - Hold 4 seconds
  - Release your breath through your mouth, allowing your body to relax, count 4 seconds
  - Hold 4 seconds

XoXo,  
Janelle