



## ATTITUDE OF GRATITUDE

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**Content Areas:** Gratitude, Kindness, Mindset

**Duration:** Four Weeks

**Description:** The mind and body benefits of gratitude are many! This four-week experience focuses on cultivating an attitude of gratitude through self-discovery of current habits, shifting into a growth mindset and building and cultivating gratitude as an essential part of your self-care practice.

Look forward to being guided through weekly activities and simple daily practices. Trust that working toward a daily gratitude practice will in turn support your physical, mental and emotional well-being.

### Overview:

- Week 1 – Discover Your Baseline
- Week 2 – Shift Your Mindset
- Week 3 – Build Your Skills
- Week 4 – Cultivate Your Practice

### Key Components:

- Reporting – Aggregate participation reporting
- Resources – Weekly, themed encouragement email with electronic curriculum/handouts
- Support – Daily/weekly participant action items for continued learning and skill building; weekly 45-minute onsite or virtual group meeting

**Investment:** Starting from \$1,600