

Discover gratitude



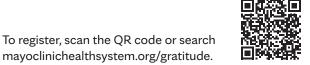
How to participate

Register and receive a few emails that include videos and blogs about gratitude, mindfulness and kindness.

Each day:

- Journal about the big and small things in life for which you are thankful
- · Do something kind
- · Take time to be present in the moment

Complete a simple post-program evaluation.



DATE	BE KIND	BE MINDFUL	TODAY I AM THANKFUL FOR

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