

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.

To register, scan the QR code or search mayoclinichealthsystem.org/gratitude.



