There are many things to be grateful for — and taking the time to notice them has been found to have significant health benefits and affect our productivity, relationships and happiness at work. This challenge will encourage you to find what you are grateful for so you can focus on filling your cup up instead of trying to pour from one that is empty.

How does the challenge work?

- Earn 10 points for reflecting on what it is that you are grateful for over the course of 4 weeks. We want to encourage you to consider the little things or things we may take for granted.
- Think of the people you work with, the many benefits and perks of working on a college campus or maybe the unique skills and traits you bring to your role.

Why is gratitude so great?

- **Harvard Health** (http://bit.ly/2BrYt00) points out that gratitude is a refocus of energy on what you have, instead of what you may lack, as can be experienced through writing thank you notes or keeping a gratitude journal.
- **Psychology Today** (http://bit.ly/2BrO9oO) reports that being grateful can help us to be more open for relationships and has a positive impact on our self-esteem, sleep and overall physical and psychological health.
- **UC Davis** (http://on.today.com/2subYte) researchers have found that the practice of gratitude can lower our blood pressure while improving immune function, as reported on Today.
- **University of Pennsylvania** (http://bit.ly/2BrYt00) researchers found that sharing gratitude, even if well after a good deed or kindness occurred, had lasting impacts on the person giving thanks.

"Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough." Oprah Winfrey

How can you Inspire Gratitude In Others?

Most things in life are better when you enjoy them with others. Consider how you can inspire your peers:

- Look for opportunities to celebrate success and make sure to share and recognize when someone does well.
- Encourage mindful behavior, such as taking the time to breathe, take a short walk or to stand instead of sit.
- Complete a community service project with others.
- Give a shout out to someone who has helped you with a project or makes your day better.
## My Month of Gratitude

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Focus: What Are You Grateful for At Work?</th>
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<tbody>
<tr>
<td>Week 2</td>
<td>Focus: Who Do You Want to Say Thank You To?</td>
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<td>Week 3</td>
<td>Focus: How Have You Shown an Act of Kindness?</td>
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<tr>
<td>Week 4</td>
<td>Focus: What Makes You Unique? How Can You Thank Yourself?</td>
</tr>
</tbody>
</table>


What are we grateful for?  
*Please visit: [https://www.uc.edu/hr/bewelluc/challenges/we-are-grateful](https://www.uc.edu/hr/bewelluc/challenges/we-are-grateful) to see what our team is grateful for!*

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**Your Name:** [ ]  
**Your M#:** [ ]  

Please send completed forms to wellness@uc.edu or ML0039 to earn 10 points.