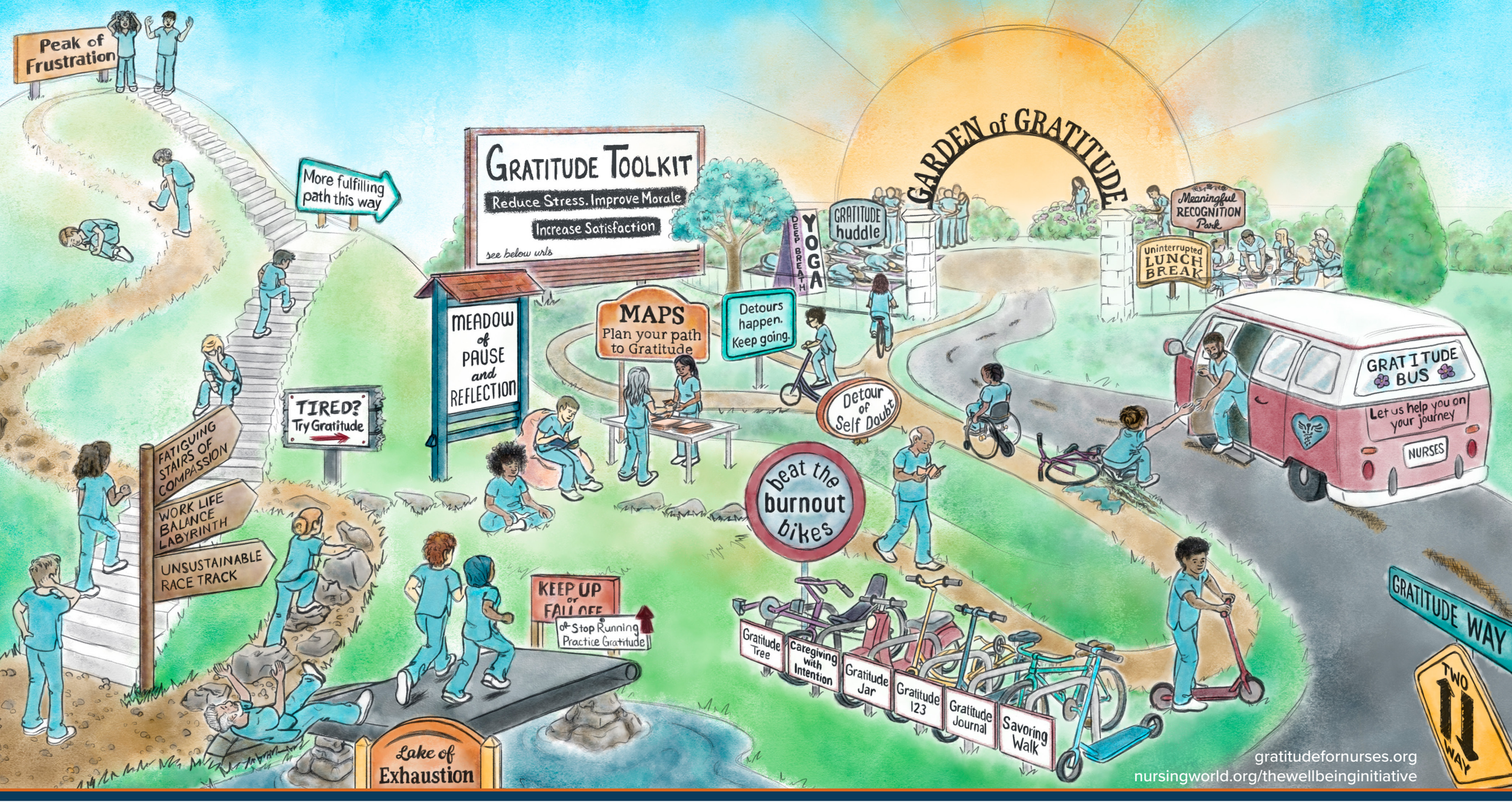

GRATITUDE MOTIVATES

CONNECTEDNESS: Gratitude rewards us with a support network, leading us to feel we can tackle big challenges.

ELEVATION: Gratitude inspires us to become more healthy, more generous and more productive people.

HUMILITY: Gratitude highlights others' contributions to the goodness and successes in our lives.

GENEROSITY: Gratitude encourages us to recognize and reciprocate the good others have given us.

AMERICAN NURSES FOUNDATION