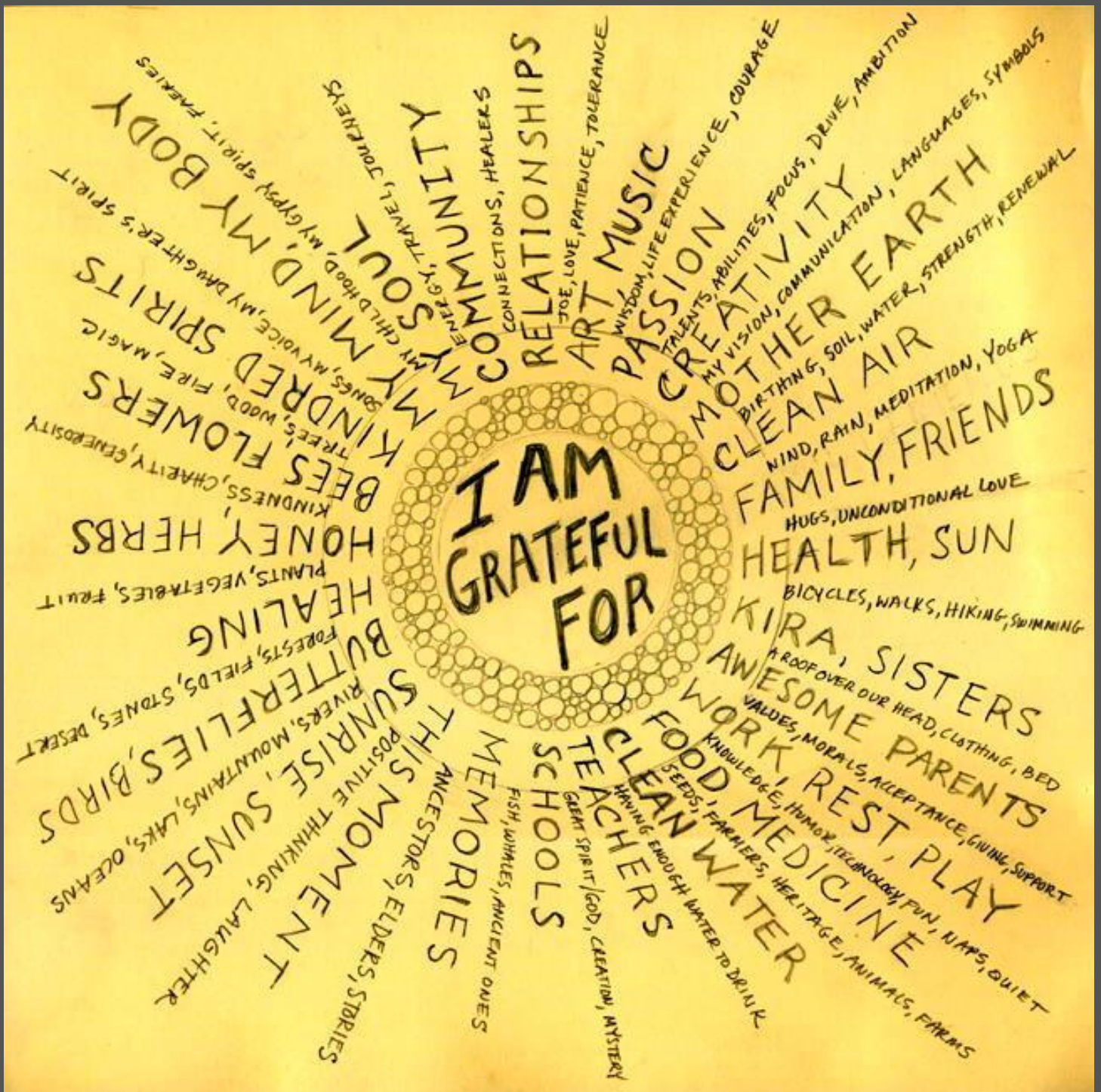


Weekly Param Team Newsletter

One of the most relaxing and relieving feelings is gratitude. The moment we feel gratitude the stress magically disappears.



by
SELFMADELADIES.COM

10 POWERFUL WAYS TO PRACTICE GRATITUDE DAILY



1.
Tell Others



2.
Write a Positive Review



3.
Cuddle Your Pet



4.
Give Back

5.
Thank Someone For Changing Your Life



6.
Start a Gratitude Jar



7.
Share Your Gratitude With Your Partner



8.
Start a Gratitude Journal



9.
Create a Gratitude Wall



10.
Be Grateful for the Most Important Person in Your Life

Read more at

www.paraminnovation.org/newsletter