



Discover Gratitude

How to participate

1. Register for the program at mayoclinichealthsystem.org/gratitude
2. 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
3. Complete a simple post-program evaluation to receive a small participation prize.

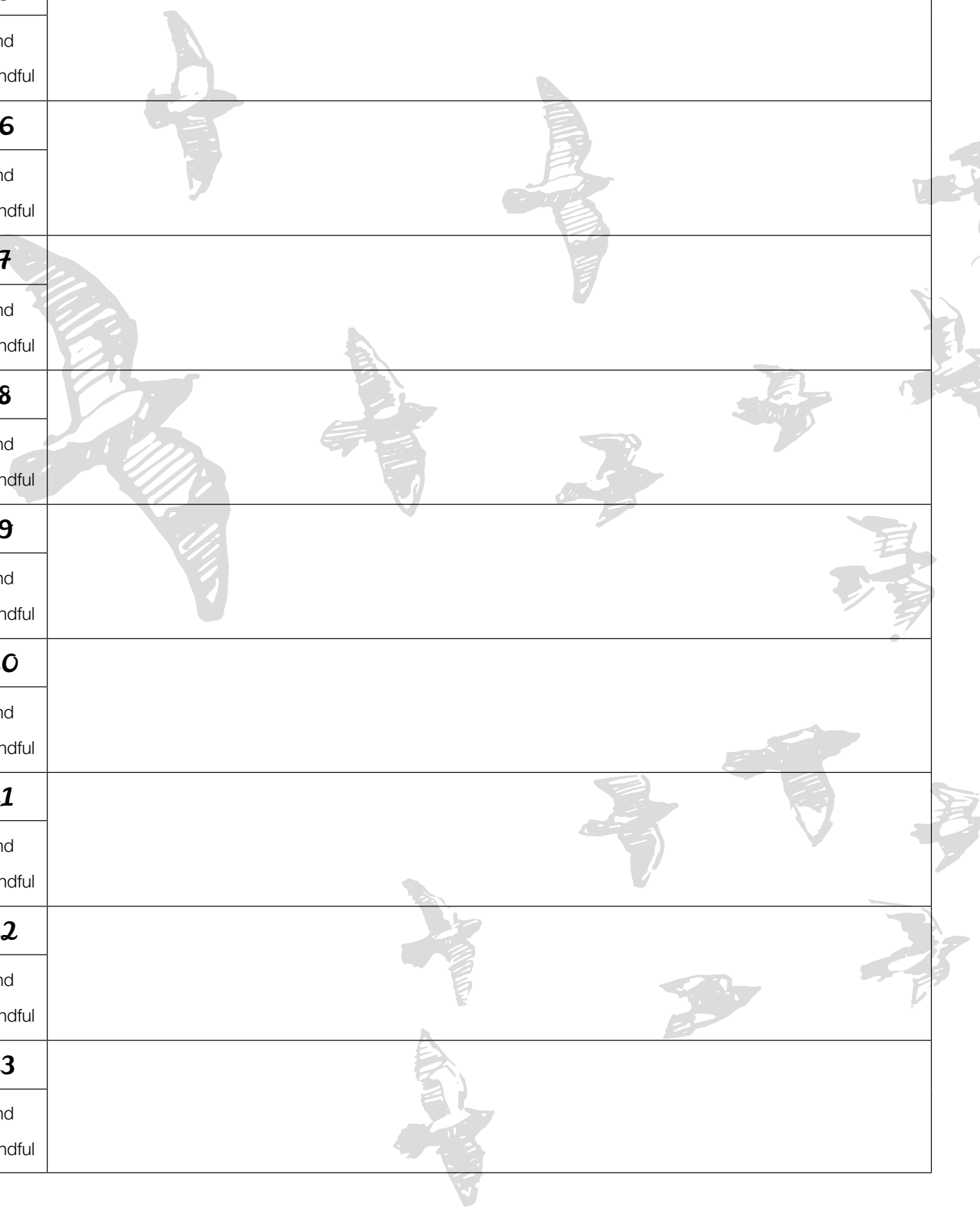


Share the things you're thankful for.
Post your photos to social media with
#discovergratitude

Registrants will receive a weekly email that includes videos and blogs about gratitude, mindfulness and kindness.

Feb. 4	Today I am Thankful for...
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Feb. 5	
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Feb. 14	Today I am Thankful for...
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Feb. 24	Today I am Thankful for...
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