


Introduction



S1 : Pause for 2 seconds




Adding Gratitude into Your Life



Saying thank you is something that is drilled into all of us at a young age.

S2 : Adding Gratitude into Your Life

Saying thank you is something that is drilled into all of us at a young age.



How many times did your mom nag
at you to write thank you notes after
you opened your birthday presents?
Yet, because we do it so often, it
sometimes becomes automatic.

S3 : How many times did your mom nag at you to write thank you notes after you opened your birthday presents? Yet, because we do it so often, it sometimes becomes automatic.

We rarely think about what
being grateful really means.




S4 : We rarely think about what being grateful really means.

How does gratitude make a difference in your life? Why is it so important?

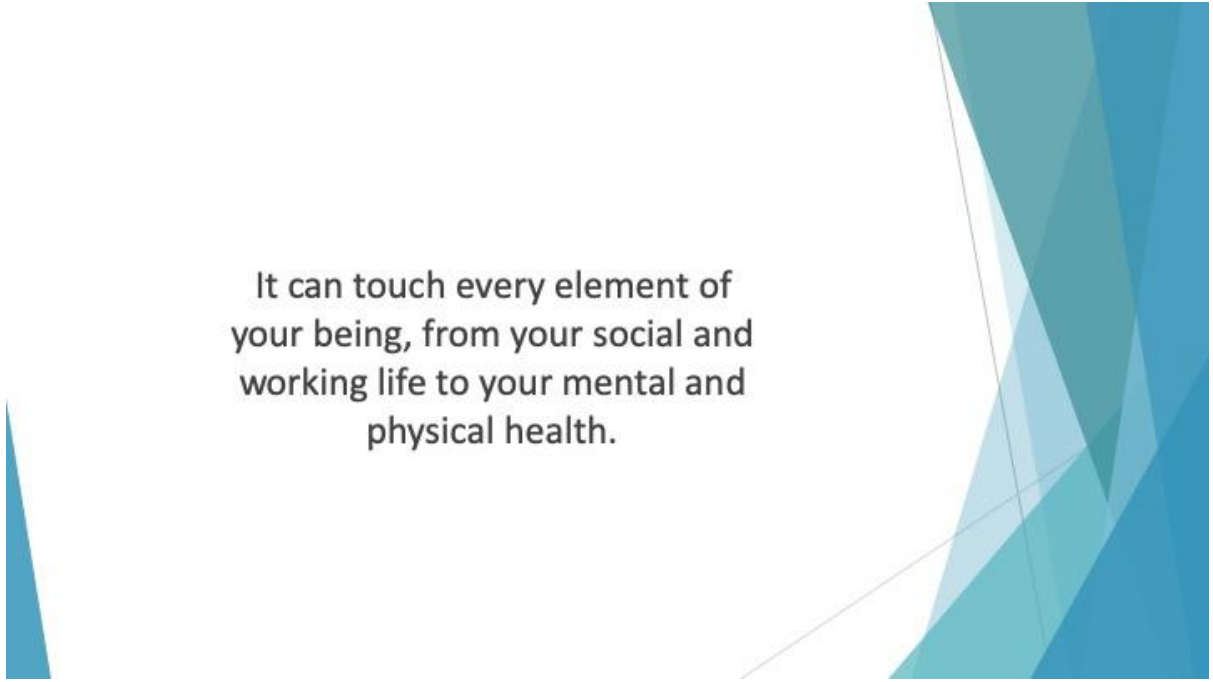


S5 : How does gratitude make a difference in your life? Why is it so important?




In this video course, we look more closely at the important role gratitude has to play in transforming our lives.

S6 : In this video course, we look more closely at the important role gratitude has to play in transforming our lives.




It can touch every element of
your being, from your social and
working life to your mental and
physical health.

S7 : It can touch every element of your being, from your social and
working life to your mental and physical health.



It may seem impossible to think that letting thankfulness into your life can be so revolutionary, but it can make you happier, improve your relationships and even make you more successful.

S8 : It may seem impossible to think that letting thankfulness into your life can be so revolutionary, but it can make you happier, improve your relationships and even make you more successful.



Are you ready to learn more
about the transformative powers
of thankfulness? Then keep
watching to find out all you need
to know.

S9 : Are you ready to learn more about the transformative powers of
thankfulness? Then keep watching to find out all you need to know.