

SWEATY AS A MOTHER'S

30-DAY

# Gratitude

## CHALLENGE

SCIENTIFIC  
BENEFITS OF  
GRATITUDE

MENTAL STRENGTH  
INCREASES



PHYSICAL HEALTH  
IMPROVES



RELATIONSHIPS ARE  
STRENGTHENED



BOOST YOUR SELF-  
ESTEEM



SLEEP BETTER



POST TRAUMATIC  
GROWTH



TOXIC EMOTIONS  
DISSIPATE

