

GRATITUDE

The People Project Tool #2



We are wired for connection. We need others to survive and to thrive. Positive relationships may be the key to health, happiness, and longevity.

Activities for CONNECTION:

1. Be present. Smile, and make eye contact.
2. Focus on others, and you will focus on your own well-being.
3. Reconnect with friends whom you've lost contact.
4. More face to face time, less social media.
5. Small talk with strangers.
6. Become a better listener.