

WHAT GOOD IS GRATITUDE?

REASONS WHY IT'S BETTER TO LIVE GRATEFULLY

CHARITY



GRATEFUL PEOPLE ON AVERAGE GIVE 20% MORE & \$

PSYCHOLOGICAL

GRATITUDE IS RELATED TO AGE: FOR EVERY 10 YEARS, GRATITUDE INCREASES **BY 5%**



COMMUNITY



GRATEFUL PEOPLE WILL HAVE A STRONGER BOND WITH THE LOCAL COMMUNITY

HEALTH



GRATEFUL PEOPLE WILL: HAVE 10% FEWER STRESS RELATED ILLNESSES BE MORE PHYSICALLY FIT HAVE BLOOD PRESSURE THAT IS LOWER BY 12%

WORK

HAPPY PEOPLE'S INCOME IS ROUGHLY 7% HIGHER

FRIENDS

MORE SATISFYING RELATIONSHIPS WITH OTHERS, AND WILL BE BETTER LIKED



YOUTH



13% FEWER FIGHTS

20% MORE LIKELY TO GET A GRADES

WHERE?



THE MOST GRATEFUL COUNTRIES ARE: S. AFRICA, UAE, PHILIPPINES & INDIA

LEAST: NETHERLANDS, DENMARK, HUNGARY, CZECH REPUBLIC & UK

LIFE



OVERALL POSITIVE EMOTIONS CAN ADD UP TO 7 YEARS TO YOUR LIFE

GRATEFUL TEENS ARE LESS LIKELY TO START SMOKING 10X

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