



# Practice Gratitude

## CHALLENGE

Create daily habits to give thanks

## Requirements to complete this HEALTH CHALLENGE™

1. Read "Practice Gratitude."
2. Create a plan to practice gratitude daily.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When the young Hal Elrod hopped in his car and headed home on an ordinary day in California about 20 years ago, he had a lot to be thankful for.

His family cared about him. He had lots of friends. He was quickly rising through the ranks

at his sales job. And then everything changed in an instant. A drunk driver in a truck crossed into his lane and hit him head on at 80 miles per hour. Elrod's car was thrown into oncoming traffic and hit a second time. The impact broke 11 bones in his body, ruptured his spleen, and caused severe nerve damage.

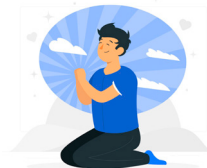
When rescue workers pulled him from the wreckage, he bled out and died. It took six minutes to revive him, followed by seven surgeries and a long road to recovery.

### The Power of Gratitude

For six days after the accident, he was in a coma. When he woke up, he couldn't walk, use one of his arms, or remember recent events. And he was in a lot of pain.

## Take the Grateful Quiz

Find out if you could benefit from a gratitude practice.



### Y N

1.   I spend a lot of time thinking about my problems.
2.   I rarely think about what I'm grateful or thankful for.
3.   I feel unhappy or unsatisfied about some part of my life.
4.   It's hard to think positively when so many bad things happen in the world.
5.   I want more out of life, but I'm not sure how to change my situation.

How did you do? If you answered "yes" to any of these questions, practicing gratitude can help you. Simple actions like writing in a journal, sending thank you notes, or meditating with a focus on gratitude can improve your outlook on life, improve relationships, help you make better decisions, and improve your mood.

But despite all those challenges, he was still grateful. Grateful to be alive. Grateful for a chance to see his family and friends again. And grateful to get on with living his best life.

"Gratitude and complaining cannot exist at the same time," says Elrod. "Choose the one that best serves you."

It wasn't easy for Elrod to bounce back from the accident. He faced physical, financial, and emotional struggles.

But on days when he couldn't even get out of bed, he realized practicing gratitude was something he could do. It changed his life and helped him write a best-selling book. He has inspired millions of others to practice gratitude.

### What are you grateful for?

Think about it, and then take action. Research shows that practicing gratitude can improve your mood, help you feel better about your life, and have a positive impact on others.<sup>1</sup> Take the month-long Health Challenge to Practice Gratitude.

5 ways to practice gratitude at work  
<https://tinyurl.com/kyp3q27>