A red 3-dimensional heart is in the center, spotlighted, on a blue textured background.


ONLINE SEMINAR

Starting a new habit can be transformative. Choosing gratitude can help improve your optimism and appreciation. This session will cover how to build a gratitude habit in our daily lives.

*(Typical seminar runtime: 20 minutes)*

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The letters "eap" are below a radiating sun which contains a person with upraised arms

**The Gratitude Habit**

**SEPTEMBER 2023**