

New Year Gratitudes

Take a moment to reflect on your personal highlights of the past year. What were the standout moments that made the year unique for you?

Challenges have a way of revealing our strengths and our support system around us. It's in those tough moments that our gratitude can shine brightest. How has embracing gratitude helped you navigate some of the unexpected twists and turns of this year?

Reminding ourselves to take a breath and pause during the chaos of work, life, family, and social responsibilities can be so hard.

What practices or rituals do you have in place to remind you to “stop and smell the roses”? If you don't have a practice, what would you like to commit to practicing in the new year?

How can gratitude be a guiding light as we step into a new year of unknowns?
