

In Search of Gratitude

A MindSculpt Class for
Guahan Academy

Wednesday, July 31st - 8:00 AM ChST

Does your constant grind & busy schedule prevent you from “stopping & smelling the roses” of everything in your life?

Without creating a consistent practice of gratitude, our everyday experiences & relationships can feel like a blur. Use this class as a reset point for intention & appreciation.

In this therapist-led class, you'll learn:

- The two stages of gratitude & what they look like,
- The variety of proven wellness benefits of gratitude,
- A detailed, therapist-curated checklist for implementing gratitude each and every day,
- Skill-building exercises that detail how to create pauses in your day, write impactful notes to others, & to explore your own values & sources of gratitude.

Join this live, 60-minute event, with opportunities to anonymously ask questions & chat with others.

No Registration Required
RSVP To Team Calendar Invite



www.savorlining.com