

Mindset Matters

Gratitude exercise

Boosting your mindset, shoring up your support network and taking steps to boost your confidence is the most important place to start. Why? Because you need a healthy dose of confidence to look for work. Don't believe me? Talk to a couple of your friends who have looking for a new job lately. They will tell you exactly what I'm talking about. So, let's head all that negative energy off at the pass.

You can reduce your stress by 27% by keeping a DAILY GRATITUDE JOURNAL, according to multiple studies by Stanford, Harvard and Yale.

Start & keep a gratitude journal. Studies have shown that keeping a daily gratitude journal can **REDUCE YOUR STRESS BY 27%** (Stanford study) and boost your productivity, alertness, enthusiasm, determination, attentiveness, and energy (Yale). A Harvard study found that **gratitude** improves health and strengthens relationships. Gratitude unshackles us from toxic emotions. It's so powerful, it's worth starting this exercise now:



Name 5 things you are grateful for in your life.

- _____
- _____
- _____
- _____
- _____