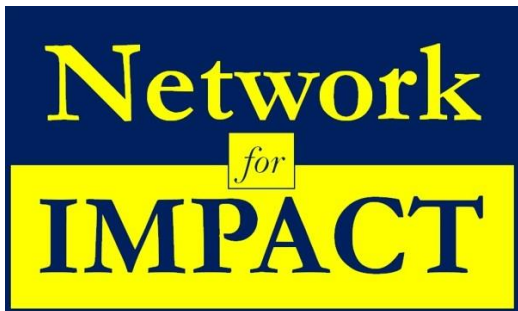


Science & Story of Gratitude



MEGAN G. MAYER

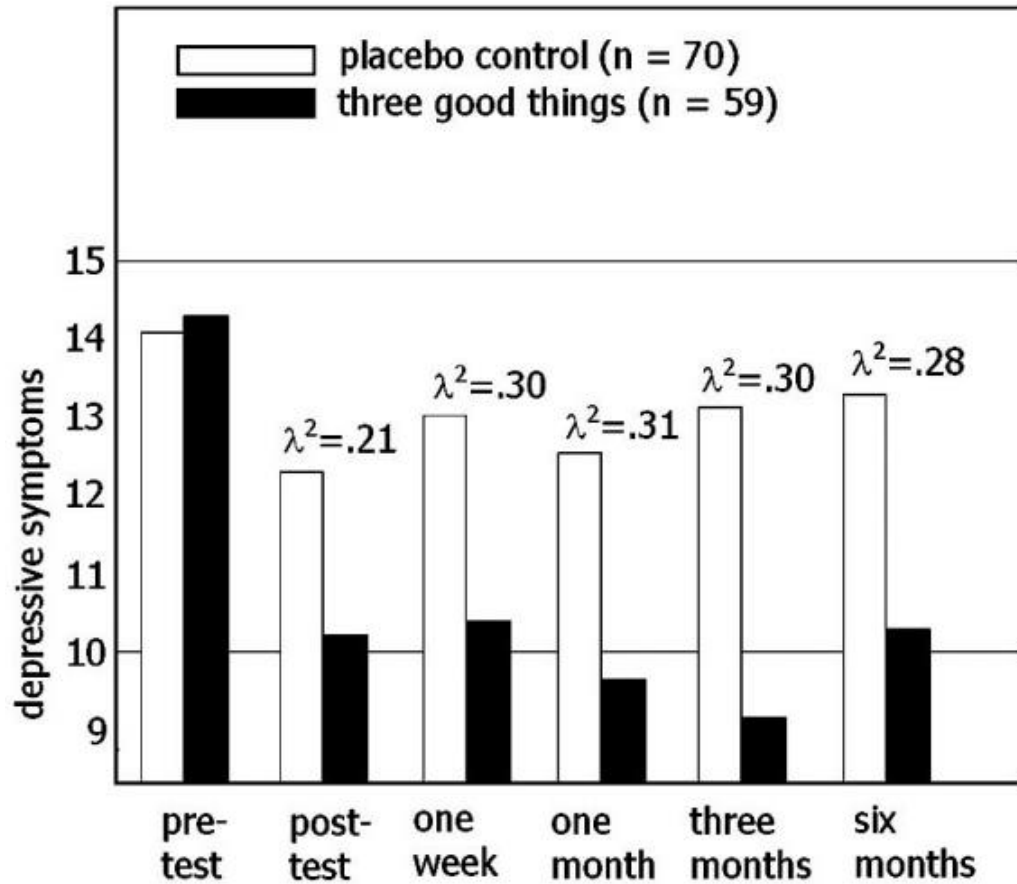


3 Good Things Study

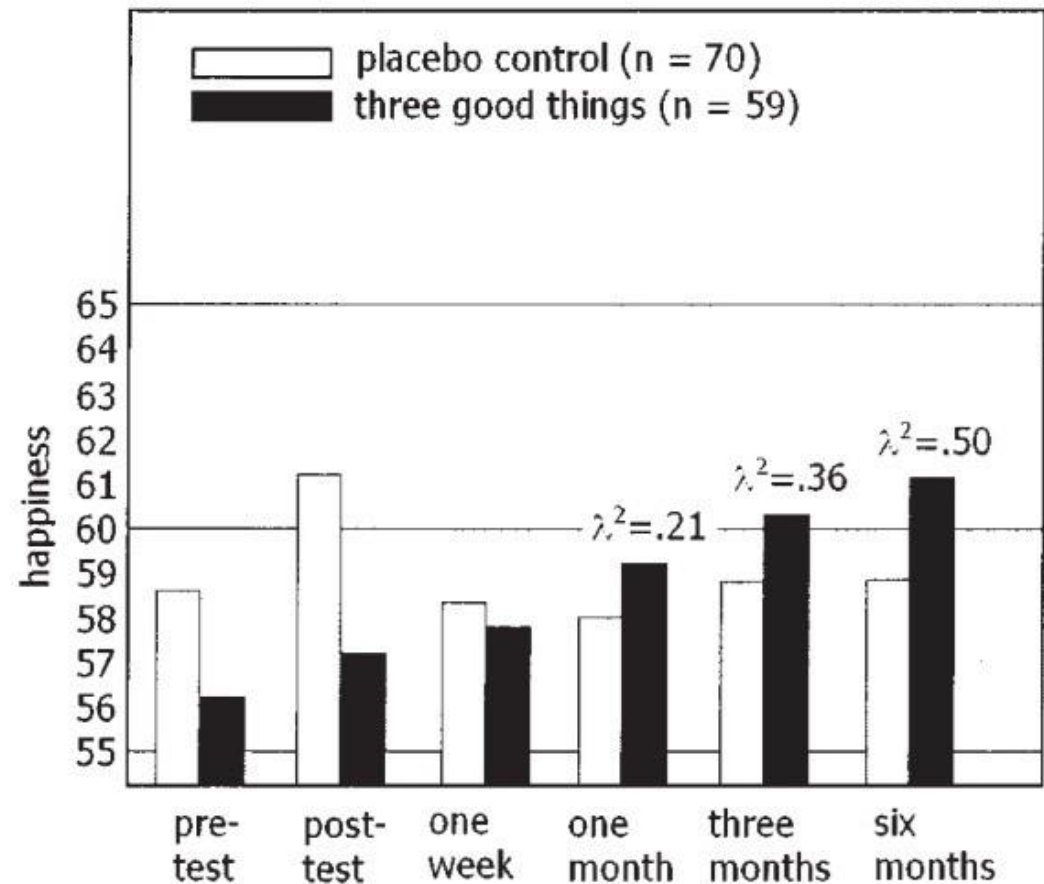


- *End of each day*
- *One week*
- *Handwritten*
- *Measured for 6 months*

Martin Seligman, Ph.D. et al., University of Pennsylvania 2005



Center for Epidemiological
Studies-Depression Scale Scores



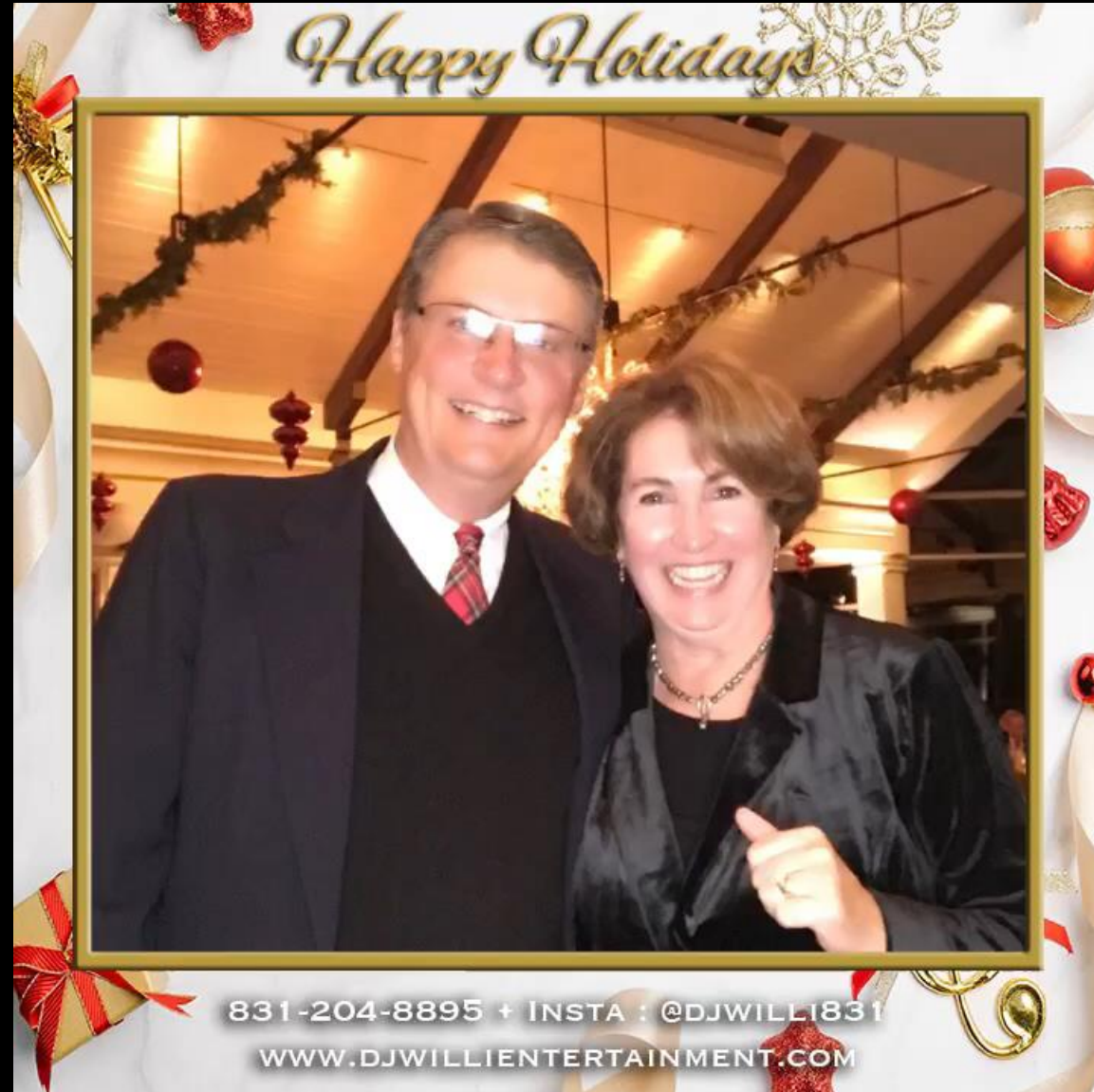
Steen Happiness Index Scores

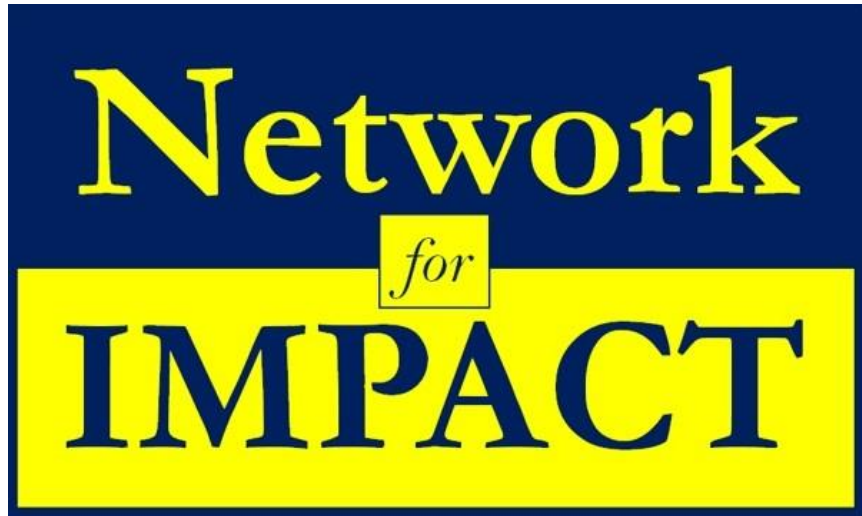
HOPE



HOPE







MEGAN G. MAYER



Thank you!