



Teen Gratitude Essential Facts



Gratitude is the quality of being thankful

- Gratitude involves realizing there are good things in the world that improve life and recognizing where they come from.
- Expressing gratitude can be as simple as saying “thank you” when someone does something nice. It can also mean repaying kindness or “paying it forward” by helping others in times of need.



Noticing the good things in life and expressing gratitude can result in numerous benefits

- It's important to take stock of the positive things in life – both big and small. It prepares people to express gratitude and give back to others.
- People who express more gratitude tend to be more satisfied with life than those who don't express it as often.
- People who express more gratitude tend to be kinder in many areas of their lives, less depressed, more resilient, and more willing to help others.
- It builds stronger relationships.