

# Focus on You: Practice Self-Gratitude

Be your best self with a daily dose of self-love. Hard to practice, but important to your overall well-being, self-gratitude can help you build stronger relationships and lessen stress and anxiety.

Print these self-gratitude cards for daily reminders of how amazing you are. Place them around your house — on your bathroom mirror, in your bedroom, on your computer desk, or in your car.

Share your creative self-gratitude moments on social media with **#MyMomentToBeWell**.

