

# November 2024



## PRACTICING GRATITUDE TO BOOST YOUR HAPPINESS

### HelpNet webinar

Gratitude is the extremely powerful quality of being thankful that can change your life for the better. If you're looking to bring more happiness into your life, then practicing gratitude is your answer. Gratitude opens your heart and your mind allowing you to feel more present, generous, thankful, empathetic, kind, patient, positive and more aware of the beauty that surrounds you.

**AVAILABLE ON DEMAND STARTING November 1**

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