

*shing you the best of everything always!*

Thanksgiving is a tradition born many years ago and has become a special day for us to all focus in on v  
We all know that gratitude doesn't have to be saved up to be celebrated just one day of the year! But m  
**Findings from Research on Gratitude** send a [video by Robert Emmons](#) a friend, but a all the research [Gratitude](#)  
Emmons, et. al. utilized [questionnaire](#) to see how gratitude levels in the workplace are [Expanded Gratitude](#)  
[Patricia Poole's Free Starter Gratitude Journal](#)  
[Gratitude Journal #2](#)

I wish you and yours a wonderful Thanksgiving day.

Thank you and blessings,

Trish

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