



# Releasing 2021

Why do I need to release 2021?

A large white rounded rectangular box with ten horizontal dotted lines for writing.

Get cranky!  
What do you want to whinge about?  
What happened in 2021 that made you mad?

A large white rounded rectangular box for writing.

I am proud that...

A large white rounded rectangular box for writing.





# Releasing 2021



**1** Gratitude increases happiness by **25%**

What can gratitude give you? A **25% increase in happiness** according to University of California, Davis Psychology Professor Robert Emmons, PhD and author of the book, *Thanks! How the New Science of Gratitude Can Make You Happier*. He writes, "Gratitude is literally one of the few things that can measurably change peoples' lives."



**2** Gratitude improves health

Studies show that a grateful mind is linked to **healthier blood pressure and heart rate** as well as a **stronger immune system and less aches and pains**.

**3** GRATEFUL people sleep better



The positive trait of gratitude leads to **better sleep quality and sleep duration**.



**4** GRATITUDE helps us socially

People are **more helpful, generous and compassionate** when feeling grateful. They are also more forgiving, are more outgoing and feel less lonely and isolated.

**6** GRATEFUL people are more resilient to stress



When dealing with trauma, adversity and suffering, people with a grateful disposition recover more quickly.

**5** GRATITUDE boosts productivity in the workplace

Productivity increases by **more than 50%** when an employee receives a "thank you" from a supervisor.



**81%** of people would work harder for a grateful boss.



# Releasing 2021

List your achievements

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What did you learn? About yourself?  
About others?

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What could you forgive  
yourself for?

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# Releasing 2021

What habits can I now let go of?

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What new habits can replace these?

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What could you forgive yourself and others for?

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# Releasing 2021

What are you going to stop doing in 2022?

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What are you going to do differently in 2022?

Blank handwritten area for notes.

What needs work for 2022? Who can help, what can you do?

Large blank handwritten area for notes.