

# #TREbit - 3 DAILY GRATITUDES



The brain is amazing. One of the wonderful characteristics of the brain is its neuroplasticity. That's just a big word that means the brain can rewire itself. The brain can make new connections based on things, such as learning a new ability, environmental influences, and changing what we practice. The more the new pathways are practiced, the more likely and easily the brain will begin using the new connections.

In his work on the "The Happiness Advantage" Dr. Shawn Achor shares the scientific evidence of how doing

**the simple practice of recording 3 things**

**we are grateful for 21 days in a row creates measurable changes**

in how a person views the world in a more optimistic frame of mind. (Emmons & McCullough, 2003)

[https://www.youtube.com/watch?v= BRzsXWHOhs](https://www.youtube.com/watch?v=BRzsXWHOhs)

**November is a great opportunity to take on the challenge of recording 3 daily gratitudes.**

Step By Step is committed to the on-going transformation to be Trauma-informed, Resilience-oriented and Equity-focused (TRE). Visit the SBS Hub or TRE web page for additional resources and information:

