



For a wholistic approach to your general health, you can show gratitude as a daily routine in one of the following ways:

- > Express praise of others – avoid criticism
- > Pay it forward – mentor/be mentored
- > Ask for help – Offer help with humility
- > Keep a Gratitude journal
- > Write Gratitude letters/emails

“Do not spoil what you have by desiring what you have not”

EPICURUS
(ANCIENT GREEK PHILOSOPHER)

The Twelve Pillars of Usher Group consist of 12 intentions, spread out over a period of 12 months.

JANUARY	Gratitude and Reflection Reflect on the year past and express gratitude and reflection for the future year ahead.
FEBRUARY	Love Valentine’s Day 14th February
MARCH	Happiness International Day of Happiness 20th March International Womens Day 8th March
APRIL	Truth International Day for the Right to the Truth 24th March
MAY	Creativity World Creativity and Innovation Day 21st April Mother Day 2nd Sunday of May
JUNE	Awareness World Environment Day 5th June World Ocean Day 8th June Global Day of Parents 1st June International Children’s Day 1st June
JULY	Forgiveness National Day of Forgiveness 7th July
AUGUST	Accountability International Day of Worlds Indigenous People 9th August World Humanitarian Day 19th August
SEPTEMBER	Generosity International Day of Charity 5th September
OCTOBER	Kindness World Kindness Day 13th November
NOVEMBER	Compassion World Compassion Day 28th November
DECEMBER	Family Holiday Season is a time of Family

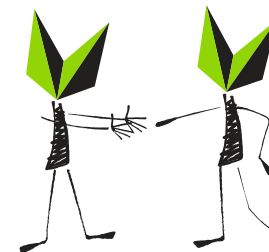


GRATITUDE



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GRATITUDE



WHAT IS GRATITUDE?

- > Thinking about life's positives
- > Acknowledging the good in your life
- > Actively recognising what you have, rather than what you don't
- > A moral disposition, not a strategy

Gratitude
turns what we have
into enough

HOW DO WE PRACTISE GRATITUDE?

- > Recognise everything good in life that comes from somewhere else
- > VERBALLY
by saying "Thank you"
- > PASSIVELY
by accepting that we are not entitled (entitlement often disappoints)
- > ACTIVELY
by giving others your time, talent or treasure.
- > Look for the good in the world – it gets multiplied; it's contagious.

BENEFITS

January may be the month of Gratitude, but studies indicate it is more beneficial when practised all year-round. Gratitude benefits us:

Physically

- > Improves self-care
- > Improves sleep
- > Decreases hypertension
- > Increases exercise
- > Increases energy
- > Decreases physical pain

Mentally

- > Is a positive influence
- > Eases depression
- > Keeps you in the present
- > Gives you perspective
- > Increases optimism
- > Makes you more resilient
- > Improves productivity

Emotionally

- > More patient
- > Improves relationships
- > Reduces materialism
- > Lasting happiness
- > Reduces envy and aggression
- > Decreases toxins
- > Increases affability
- > Helps sustain marriages
- > Extends careers