What Good is Gratitude?

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Fun Facts about grateful people!

CHARITY.
20% Grateful people on average give 20% more TIME & MONEY.

WORK.
HAPPY PEOPLE'S INCOME IS ROUGHLY 7% HIGHER.

Health.
GRATEFUL PEOPLE WILL HAVE 10% FEWER STRESS-RELATED ILLNESSES.

LIFE.
An overall positive attitude can add up to 7 years to your life.

Youth.
13% FEWER FIGHTS.
20% MORE LIKELY TO GET GOOD GRADES.
10% LESS LIKELY TO START SMOKING.

Community.
GRATEFUL PEOPLE WILL HAVE A STRONG BOND TO LOCAL COMMUNITY.

PSYCHOLOGICAL.
Gratitude is related to age: For every 10 years, gratitude increases by 5%.
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