

# The Science Of GRATITUDE

How Saying Thank You Can Improve Relationships & Productivity at Home + Work



Studies show you can instantly improve work, love, and life by being grateful and sharing it with others.

INCREASED HAPPINESS WHEN  
**4-19%** EXPRESSING GRATITUDE  
WITH SOMEONE

Gratitude Increases Overall  
*Happiness*



**3**  
Ways to Express  
Gratitude

People may feel and express gratitude in multiple ways.



Recall positive memories & be thankful for elements of past blessings

Not taking good fortune for granted as it comes

Maintain a hopeful & optimistic attitude

## Gratitude in the Workplace

Researchers found that a simple "Thank You" has been shown to increase employee productivity by 50%

**5**  
Ways To Cultivate  
Gratitude



**50%**

Increased Productivity

**17.5%**

Social Capital

## Generate Social Capital

In 2 studies with 243 total participants, those who were 10% more grateful than average had 17.5% more social capital.



For free tools & resources to become the happiest, healthiest, most fulfilled version of yourself by visiting  
[JairekRobbins.com/blog](http://JairekRobbins.com/blog)

Sources:  
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