



8 dimensions of gratitude



FINDING A SMALL MOMENT OF JOY EVERY DAY

Consider the 8 Dimensions of Wellness (Emotional, Environmental, Financial, Intellectual, Physical, Social, Spiritual, and Vocational) and reflect on a moment of gratitude within each dimension. Learn more about resources within each dimension of wellness on the Wave of Support website: care.tulane.edu.

GRATITUDE FOR MY **EMOTIONAL** WELLNESS

GRATITUDE FOR MY **ENVIRONMENTAL** WELLNESS

GRATITUDE FOR MY **FINANCIAL** WELLNESS

GRATITUDE FOR MY **INTELLECTUAL** WELLNESS

GRATITUDE FOR MY **PHYSICAL** WELLNESS

GRATITUDE FOR MY **SOCIAL** WELLNESS

GRATITUDE FOR MY **SPIRITUAL** WELLNESS

GRATITUDE FOR MY **VOCATIONAL** WELLNESS
