

Gratitude

- Make gratitude your habit
- Write down 5 things you feel grateful everyday
- Be thankful with what you learn and grow in adversities

Witly and blury.

Reprinting of the article with the source stated is welcomed. If you are interested to know more about the tips, please call our 24-hour hotline.

感恩

把感恩變成習慣

每天記錄5件
感恩的事情

感謝你在逆境
中的學習和成長

若對優質生活小貼士有任何疑問，可致電我們24小時熱線，與顧問詳談。