



# The importance of gratitude

Reflection guide

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## Overview

Gratitude is a cognitive-affective state that is typically associated with the perception that one has received a personal benefit that was not intentionally sought after, deserved, or earned but rather because of the good intentions of another person (Emmons & McCullough, 2004).

## Key takeaways



Main points:



Learning insights:



What areas do I need to improve on?



My action plan: