

Attitude of Gratitude



Employers are seeking students and graduates who are proficient in their field and who have a strong grasp of the soft skills including: social graces, communication, friendliness, relationship building, etc. Student Life's Soft Skill Socials are designed to help you refine your skills and set you a step above your competition when entering the job market.

Visit www.ntc.edu/studentlife for upcoming Soft Skill Social dates and additional programming designed to enhance your employability.



WHAT GOOD IS GRATITUDE? REASONS WHY IT'S BETTER TO LIVE GRATEFULLY

CHARITY

GRATEFUL PEOPLE ON AVERAGE GIVE
20% MORE  & 

COMMUNITY

GRATEFUL
PEOPLE WILL HAVE A STRONGER BOND
WITH THE LOCAL COMMUNITY

WORK

HAPPY PEOPLES'S INCOME IS ROUGHLY
↑ 7% HIGHER ↑

YOUTH

13% FEWER FIGHTS
20% MORE LIKELY TO
GET  GRADES

GRATEFUL TEENS ARE
10X  **LESS LIKELY TO START SMOKING**

PSYCHOLOGICAL

GRATITUDE IS RELATED TO AGE:
FOR EVERY 10 YEARS,
GRATITUDE INCREASES BY **5%**

HEALTH

GRATEFUL PEOPLE WILL:

HAVE 10% FEWER STRESS
RELATED ILLNESSES
BE MORE PHYSICALLY FIT
HAVE BLOOD PRESSURE
THAT IS LOWER BY 12%



FRIENDS

MORE SATISFYING RELATIONSHIPS
WITH OTHERS, AND WILL BE BETTER LIKED



WHERE?

THE **MOST** GRATEFUL COUNTRIES ARE:

**S. AFRICA, UAE,
PHILIPPINES & INDIA**

THE **LEAST** GRATEFUL COUNTRIES ARE:

**NETHERLANDS
DENMARK, HUNGARY
CZECH REPUBLIC & UK**

LIFE

OVERALL
POSITIVE EMOTIONS CAN ADD
UP TO **7** YEARS TO YOUR LIFE