

SEPTEMBER 2023

# The Gratitude Habit



## ONLINE SEMINAR

Starting a new habit can be transformative. Choosing gratitude can help improve your optimism and appreciation. This session will cover how to build a gratitude habit in our daily lives.

To access the online seminar, visit your home page starting September 19<sup>th</sup>.

- Click this link:

<https://helpwhereyouare.com/CompanyLogin/1515/mercy>

- Enter the username and password as shown below:

**USERNAME: MSU**

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- Scroll down and click on “Online Seminars”

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