



# ShareGratitude2020

## This Holiday Season Share Your Gratitude

2020 has been a challenging year. Through it all, we have learned about our ability to persevere and keep faith and hope alive – and to find that undeniable attitude of GRATITUDE.

Take a moment and share what you're grateful for – health, family, friends, pets or anything else – by using the power of social and local media.

### Join the Gratitude Movement!

Tell your friends and family what you're grateful for this holiday season. Post your message on our social media pages using #sharegratitude2020.

### Take Your Message National!

Share your message with people across the country and around the world on the ShareGratitude2020 website.

1. Visit **ShareGratitude2020.com**.
2. Click **“Share Your Gratitude”** – write about what you're grateful for and decide if you want to share a photo or video.
  - To share an image, upload it using the “Upload Now” button.
  - To share a video, share the link to the video in the field provided.
3. Click **“Submit!”**
4. Once your gratitude submission is uploaded, tell your friends and family via social media by clicking any of the “Share” buttons. Tag three people and include #ShareGratitude2020 to spread the word!

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