

SENATE JOINT RESOLUTION

No. 117

STATE OF NEW JERSEY

220th LEGISLATURE

INTRODUCED FEBRUARY 9, 2023

Sponsored by:

Senator JOSEPH P. CRYAN

District 20 (Union)

SYNOPSIS

Designates November as “Gratitude Month” in New Jersey.

CURRENT VERSION OF TEXT

As introduced.



1 **A JOINT RESOLUTION** designating the month of November of each
2 year as “Gratitude Month” in New Jersey
3

4 **WHEREAS**, Gratitude is the quality of being thankful and the readiness
5 to show appreciation for everyone and everything; and

6 **WHEREAS**, Gratitude is the ability to shift focus away from the
7 negatives to recognize and appreciate what is positive in life; and

8 **WHEREAS**, Research has shown that gratitude can enhance moods,
9 decrease stress, and drastically improve a person’s overall level of
10 health and wellbeing; and

11 **WHEREAS**, Over 90 percent of American teens and adults indicated
12 that expressing gratitude made them happy; and

13 **WHEREAS**, Gratitude helps people feel more positive emotions, relish
14 good experiences, improve their health, deal with adversity, and
15 build strong relationships; and

16 **WHEREAS**, The month of November holds national holidays, such as
17 Veterans Day and Thanksgiving, both of which embody the
18 meaning of gratitude; and

19 **WHEREAS**, Veterans are honored in November and are shown
20 gratitude for all of their noble sacrifices to protect and serve the
21 United States of America; and

22 **WHEREAS**, These sacrifices by veterans, provide the citizens of New
23 Jersey with the opportunity to be grateful all year; and

24 **WHEREAS**, Families gather for Thanksgiving to display gratitude for
25 all the blessings they receive; and

26 **WHEREAS**, Thanksgiving is a holiday where citizens across the United
27 States show gratitude for their families, friends, and community;
28 and

29 **WHEREAS**, The citizens of New Jersey have much to be thankful for,
30 including high quality public schools, world class healthcare
31 facilities, and the Jersey Shore; and

32 **WHEREAS**, It is altogether fitting and proper to designate a month of
33 gratitude whereby New Jersey citizens are encouraged to reflect
34 upon everything that the State has to offer and show appreciation
35 for the people that have made and continue to make this State so
36 great; now, therefore,
37

38 **BE IT RESOLVED** *by the Senate and General Assembly of the*
39 *State of New Jersey:*
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41 1. The month of November of each year is designated as
42 “National Gratitude Month” in the State of New Jersey to raise
43 public awareness of the importance of gratitude.
44

45 2. The Governor is respectfully requested to annually issue a
46 proclamation designating the month of November as “National
47 Gratitude Month” and shall call upon public officials and citizens of

1 this State to observe the day with appropriate activities and
2 programs.

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4 3. This joint resolution shall take effect immediately.

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STATEMENT

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9 This joint resolution designates the month of November as
10 “National Gratitude Month” in New Jersey to raise public
11 awareness of the importance of gratitude.

12 People that practice gratitude are more likely to be happy.
13 Gratitude helps people feel more positive emotions, relish good
14 experiences, improve their health, deal with adversity, and build
15 strong relationships. The month of November holds national
16 holidays, such as Veterans Day and Thanksgiving, both of which
17 embody the meaning of gratitude. Veterans are honored in
18 November and are shown gratitude for all of their noble sacrifices
19 to protect and serve the United States of America. Families gather
20 for Thanksgiving to display gratitude for all the blessings they
21 receive.

22 The citizens of New Jersey have much to be thankful for,
23 including high quality public schools, world class healthcare
24 facilities, and the Jersey Shore. This joint resolution would
25 designate the month of November of each year as “National
26 Gratitude Month” so that the residents of New Jersey may reflect
27 upon everything that the State has to offer and show appreciation
28 for the people that have made and continue to make this State so
29 great.