



A few travel notes

A couple of people have asked about a Traveling to Gratitude mobile app. Unfortunately, there is not one yet available for that Northern Light template at this point. But there is a workaround – just bookmark or pin it on your mobile. You’ll have to go through the pain of manually entering the URL first time around.

1. As for actually bookmarking or pinning it in your mobile. Lawrence Whittemore of MarComm’s Digital team tells me that for **Androids** you can add it to your screen by clicking the ellipsis in the upper right and then “add to home screen.”
2. I have an **iPhone** and it doesn’t appear to work that way so I’ve just copied the address into my notes which I knew where to find. Those of you more tech-savvy will know where to find your Favorites so that is probably even easier. Or maybe you know how to add it to your screen.

At any rate, bottom line, you can get there from your mobile device with just a little finagling.

1. Another potential convenience: All of the [Traveling to Gratitude materials are located on the Wellness page](#) of the Northern Light externally facing website.
2. Last note: a fun 7-minute [Soul Pancake video experiment on gratitude](#) in the Science of Happiness series is pretty wonderful.

Happy travels today,

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