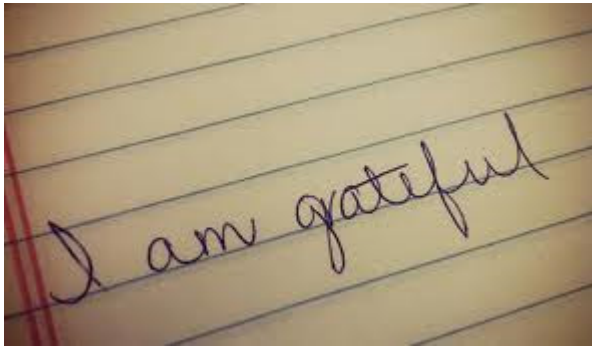


Fit & Lean in 2014

5.3: The Art of Gratitude



Gratitude can not only be deliberately cultivated but can increase levels of well-being and happiness among those who do cultivate it.

In addition, grateful thinking, and especially expression of it to others, is associated with increased levels of energy, optimism and empathy.

Remember the bad. To be grateful in your current state, it is helpful to remember the hard times that you have overcome in your life. When you remember how difficult life used to be and how far you have come, you set up an explicit contrast in your mind, which creates a fertile ground for gratitude.

Take time to smell the roses! Use all of your senses to appreciate the beauty of being alive. Life is short and things can go from good to bad at a moment's notice. Never miss an opportunity to mentally capture a beautiful moment - focus on the smiles of your children, the laughter of your friends and the aroma of a bouquet of flowers or a delicious, healthy meal.

Tell people how grateful you are for them. Become a thank you card writer - gratitude isn't just about making yourself feel good but it's about sharing that feeling with others. The simple act of saying "thank you" to people in your life who do good & kind things can create a chain reaction of positivity!



FEELING
GRATITUDE
AND NOT
EXPRESSING IT
IS LIKE
**WRAPPING A
PRESENT**
AND NOT
GIVING IT.

~WILLIAM ARTHUR WARD~