

8051 - Creating an Attitude of Gratitude

Several psychological studies have shown the surprising life improvements that can stem from the practice of gratitude. Giving thanks increases your happiness, makes you more resilient, and even improves health by reducing stress.

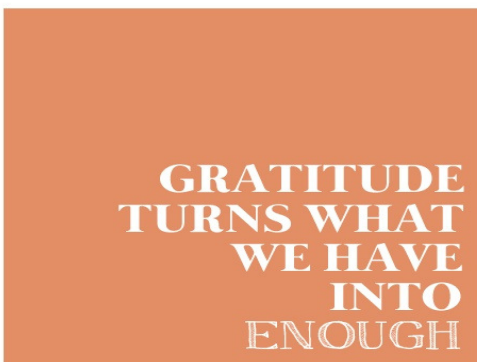
People who practice the act of gratitude also reap benefits such as:

- Increased creativity
- Bouncing back more quickly from adversity
- Stronger immune systems
- Stronger social relationships



As with anything, getting started can sometimes be the most challenging part of learning a new behavior. There are many ways that you can start to welcome gratitude into your life and as a result, you may find that you open the door to a more abundant life.

The simplest way to begin is to start writing in a gratitude journal. A gratitude journal can be as simple as a plain notebook or as elaborate as a handmade scrapbook you create yourself expressly for this purpose. Even a scrap of paper works – the important thing is to build the habit! Carve out a few minutes every day (in the morning when you wake or before you go to bed in the evening) and try and jot down five things you are grateful for that day. Some days will be easier than others. When you have a bad day, simply note the basic things like the fact that you woke up today and that you had food to eat and a bed to sleep in. Try and focus your gratitude on people and situations rather than material objects.



Other ways to show gratitude:

- Send thank you cards to others
- Build a gratitude charm bracelet (each charm representing something you are grateful for in your life)
- There are even apps for gratitude for your smartphone!

Why Should Being Grateful Make a Difference in Your Life?

- It reminds you of the positive things in your life
- It makes you happy about the people in your life, whether that's a loved one or a stranger who shows you kindness.
- It turns bad things into good things – problems at work turn into simply being grateful to have a job and life's challenges become lessons in becoming a stronger person.
- It reminds you of what is really important. You will find it's harder to be stressed out about paying bills when you are grateful for the roof over your head.
- It reminds you to thank others. The simple act of saying "thank you" can make a big difference in someone else's life. It costs you little but makes someone else happy. And making others happy will make you happy.

"If the only prayer you ever say in your life is "thank you", that will be enough."

-Meister Eckhart

Today	I am Grateful for...	I am Grateful for...	I am Grateful for...	I am Grateful for...	I am Grateful for...
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Sources: zenhabits.net, thechangeblog.com, christinekane.com

