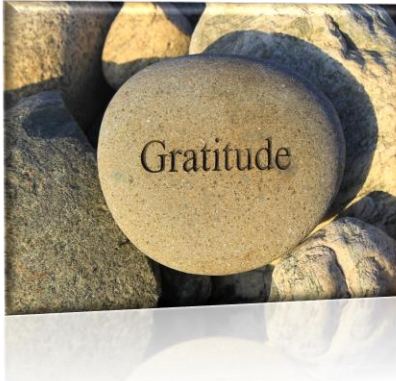


Find Your Balance – Mental Wellness

Attitude of Gratitude

The New Miracle Emotion!



Learning to have an attitude of gratitude has the potential to transform your life! A positive mindset has a ripple effect that moves into every facet of our being, and beyond!



4 Ways to Practice Gratitude

Learning the art of gratitude takes practice. Choosing gratitude is an intentional decision that takes practice and consistency. Here are 4 easy steps to express and receive gratitude in your life

- 1) **Don't focus on what you don't have.** Gratitude will never come from your next purchase, success, or grand accomplishment. Focus on what's inside and available to you now, gratitude comes from the heart.
- 2) **Make a list.** You have things to be thankful for in your life right now. It doesn't matter how small, write it down...regularly!
- 3) **Find gratitude in difficulty.** Good can always be found in the worst of times, and used as an opportunity to grow.
- 4) **Express the lost art of a "thank you".** Be creative, be unique. Your "thank you" can express your personal style.

Sources:

<https://www.bustle.com/articles/123590-6-ways-gratitude-affects-your-brain>

<https://www.forbes.com/sites/amymorin/2014/11/23/7-scientific-proven-benefits-of-gratitude-that-will-motivate-you-to-give-thanks-year-round/>