

# FIND YOUR BALANCE

## 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! Learning the art of gratitude is an intentional decision that takes practice and consistency.



## 4 WAYS TO EXPRESS AND RECEIVE GRATITUDE



- 1) Don't focus on what you don't have.** Gratitude will never come from your next purchase 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-scientificallly-proven-benefits-of-gratitude-that-will-motivate-you-to-give-thanks-year-round/>