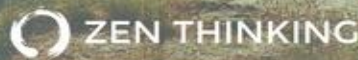


gratitude changes everything!

accept each moment and be grateful for whatever is.
after all, that's exactly what happiness is.

Image by Brian Thompson/Zen Thinking



5 Reasons to Adopt an Attitude of Gratitude

1. Gratitude Generates Social Capital

Gratitude makes us nicer and more trusting, social, and appreciative, all of which help improve relationships.

2. Gratitude improves physical and mental health---which makes us happier overall

Grateful people feel better physically, with less aches and pains. And they even sleep better. Gratitude can also reduce negative emotions such as envy, resentment, and frustration.

3. Gratitude makes us less self-centered

The nature of gratitude is to focus on others and their benevolence; it encourages you to display empathy and sensitivity towards others.

4. Gratitude improves self-esteem

As you receive acts of gratitude, you will feel more confident and will display more respect towards others, improving your relationships. These all lead to greater self-esteem.

5. Gratitude helps us leader more effectively and improves our careers

Praise is THE way to motivate others, affect change, and improve morale. Gratitude helps you network more effectively, make better decisions, boost productivity, and attract mentors.

Action

How to adopt an attitude of gratitude?

Take a few minutes, either daily or weekly, and write down or speak out loud what you are grateful for, and why. Be patient with this new ritual.

I am grateful for.....

I am grateful for.....

I am grateful for.....

I am grateful for.....

I am grateful for.....

