



Express Gratitude

Gratitude is an exercise in mindfulness. It allows us to put into perspective what is happening and to offer a balanced outlook.

● Just imagine for a moment that you had a horrible week at work. What emotions are coming up for you? Maybe, instead of work problems, you got into an argument with a trusted friend.

It could be easy to focus on everything that went wrong. You could also find yourself reflecting on what went wrong over the last two weeks, month, year, or decade. Exclusive negative focus can spiral rapidly out of control. And before you know it you are feeling overwhelmed with feelings like sadness, disappointment, guilt, loss or even anger.

Finding something to be grateful for in the present moment can help guide you back to the here and now. It can also help you to see the big picture and not focus only on the negativity.

Take our above examples, you could be grateful that you get the weekends off at work, lol. Maybe you are grateful for the connections that you have at the job, or you can express gratitude for such a strong friendship that can weather disagreements!

The point is that gratitude can help you to feel freer.

Can you think of something that hasn't gone well this week but offer some gratitude or a positive spin on the situation?

What happened when you did that?

What emotions suddenly lessened or even faded away?

Did you find a sense of peace when you expressed gratitude?

Grow More...

Keep a journal this week about gratitude.

Create a collage of all the things you feel grateful for this week.

Call a trusted friend or family member and share your top three gratitude observations.

Join a Facebook group that focuses on gratitude.

"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow."

-Melody Beattie