

# THE POWER OF GRATITUDE

THE SECRET GIFT HIDDEN WITHIN EVERY ADVERSITY



Jocelyn Wayne

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**Jocelyn Wayne**

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## Introduction

The most beautiful and precious byproduct of the power of Positive Passion is that it builds a deep golden path of gratitude in our lives. Journeying on this voyage a person can dive into the infinite gentle, nurturing pond of self-love and self-care, empowering the regulating dance of the happy, joyous gene expression, inviting balanced health into one's life.

Some of the essential, indispensable ingredients of manifesting the ultimate lifestyle of health and happiness are having an organic attitude for gratitude, appreciation, pleasure, joy and working towards our dreams.

Gratitude and appreciation go hand in hand. The more gratitude you have, the more everything you want you will have. The word gratitude comes from the Latin word Gratia, meaning "favor" and gratis, meaning "pleasing." At times it also means three "G's" grace, graciousness, and gratefulness.

All connections from this Latin root embody kindness, generous, gifts and the beauty of giving and receiving. When we feel grateful, we radiate a light energy of gratefulness and graciousness, and we are moved to share the goodness we have received with others.

Gratitude has a positive energy. Positive energy has an expansive energy for health and well-being. With regards to epigenetics imagine your body being a human petri dish. Now imagine each cell is like a miniature human being in your body and all of your cells are all talking to each other. Now imagine all of your cells bathing in this light, healthy expansive energy of gratitude and talking to each about gratitude and being grateful for everything. Your body is having a "Gratitude Love Fest." Now in this wildly positively charged energy field that your cells are basking in, each negatively mutated cell of the disease can be changed and turned into a healthy cell. Dr. Bruce H. Lipton, Ph.D., states in his book, *The Biology of Belief: Unleashing the Power of Consciousness, Matter, & Miracles*, "Frontier Science has proven positive thoughts have a profound effect on behavior and genes but only when they are in harmony."

Many people consider Robert A. Emmons, Ph.D. to be a leading authority on gratitude and he has researched gratitude for ten years. In his book, Thanks!: How the New Science of Gratitude Can Make You Happier he states, "People who practice gratitude tend to be more creative, bounce back more quickly from adversity, have a stronger immune system. Practicing gratitude can increase happiness levels by around 25%".

Living in gratitude encourages you to quickly and effortlessly focus on what you want to achieve instead of what you are missing.

Gratitude is one of the most energetically, powerful, supreme emotional weapons that we can use in our lives to our advantage. It is the accelerated, stealth, graceful game changer for abundance, health, and happiness. In the realm of quantum physics, observing something actually, influences the physical processes taking place. Being mindful with focused meditation on gratitude will allow you resonate with it, meaning live it and be it, therefore attracting more in your life. Utilizing the Law of Cause and Effect, health attracts health. Happiness attracts happiness. Abundance attracts wealth. Love attracts love.

Emotion is energy in motion. Gratitude is the positive, energetic magnetic force magnetizing to you what you want, love and enjoy.

***Let's Begin!***

## What is Gratitude?

Before looking at why you should practice gratitude and how you can add gratitude to your life, it's important to understand this characteristic. What is gratitude? Webster's Online Dictionary defines thankfulness as "A feeling of thankfulness and appreciation." It is also described as a state of feeling or being grateful. Instead of focusing on wants and needs, gratitude is a positive emotion that focuses on expressing appreciation.

Gratitude in its simplest form is saying "Thank You." Who should we say "thank you" to and why. Let's start by looking at why we should say "thank you" or Show Gratitude.

Gratitude is crucial because it's a thought vibration of high Positive Energy. It's Also Powerfully Attractive. One writer says it connects us to the Source. We cannot exercise much power without Gratitude because its gratitude that connects you to the power. Because we become what we think about most when we show gratitude we attract more of the very thing we are grateful for.

No matter who you are, where you are, or what your current circumstances, learning what is gratitude and expressing it will change your life!

Gratitude is a word, more often than not, taken for granted. There is a great discrepancy between saying it and demonstrating it with heartfelt deeds. Did you know that people who are constantly truly grateful to life, God, Nature and other fellow humans, never see dark but light?

If you pretend to be grateful, your friend may not notice it, but your mind knows, the universe does too, and certainly, the Creator does too.

We were taught that we should see our goals as already accomplished and we should say "thank you" now. Show gratitude now. This is a powerful way ensure that we are channel positive energies on the things we want.



## **What Is Gratitude Meditation?**

Gratitude Meditation is a focused meditation exercise. It is a way to express your thanks for the unique skills and talents you have, the people in your life, and the many blessings you have received. In sum, all of those things that make your life special are worthy of your gratitude. This practice can be used alongside your regular meditation sessions, or you can devote an entire session to gratitude at regular intervals.

This is one of the most rewarding types of meditation because it teaches you to be happy with everything you have. You learn how to move from wanting to feel content and blissful with what you already have. Instead of troubling yourself by thinking of all that you don't have, you can instead focus your energy on being thankful for everything you do have. When you do so, you will attract more wealth.

You can start your gratitude meditation practice by first choosing a suitable place that is free of distractions. Avoid places with bright lighting. Turn off your cell phone and try to disconnect for a little while. Start by closing your eyes and focusing on your breathing. Identify the thoughts or worries that enter your head and dismiss them. Don't get angry at yourself if your mind continues to wander; that is the natural habit of the mind. Instead, get back on track by focusing on nothingness. When your body is in a state of relaxation and your mind is calm, you can begin to go over all of the things you are thankful for. You can use generic gratitude affirmations to express your thanks, or you can individualize your practice by thinking of specific things that you are grateful for in your life.

It can be easy to overlook even some of the most basic things to be thankful for. Take your body, for instance. You have eyes that allow you to see the world, you have ears that enable you to listen to music and hear the words of others, and you a mouth that lets you express your truths to others. There is so much more that your body alone can do that you should be thankful for. There are people in your life, and there is beauty in the world. There are endless things to be grateful for.

Practicing gratitude meditation on a regular basis is the best way to move towards happiness. Why? Because unhappiness is actually characterized as a state of desire or want. When you move out of that state by focusing on recognizing the blessings that you do have, you can move towards contentment. It becomes possible for you to understand that you don't need material possessions or any of the other things you desire in life, to be happy. Gratitude meditation is one of the simplest ways to teach yourself to be happy and experience fulfillment in the absence of desire.



## The Transformative Power - Gratitude

### Gratitude is not just an Attitude

What better day than a dedicated day for Thanksgiving to contemplate and take a closer look at the profound power of gratitude. In reality, this wonderful gift is offered to everyone every day because it is only a thought away. So what is gratitude and what are the benefits to us when we open our hearts allowing such a transforming power to enrich us and others touched by its power? How can we apply gratitude frequently and most importantly, apply it naturally?

Gratitude could be summed up as the heart-generated thoughts and spoken words of appreciation and thankfulness for anything, anyplace or anyone in our lives. It provides contentment, comfort, and relief in times of stress and uncertainty; it is a reflection of unspeakable joy and love in times when we experience sheer ecstasy in our lives. But for all these benefits, gratitude's life-affirming power is only a thought away anytime we choose. It is the breath of life.

As time passes, we tend to become less child-like in our curiosity to explore the keys to a joyous, magically fun-filled life. It stands to reason given the push and pulls of daily life as we sometimes shelve this important part of our being. Laughter is medicinal; a smile can lift a weary heart just as a gentle, loving hug can remove barriers we have built around our hearts. So can a grateful heart transform ones very being and the lives of others who are touched by sincere words and gestures of appreciation and thankfulness.

The physical benefits alone of practicing gratitude are immense and well documented. All these are scientific facts, yet the science behind gratitude is neither the primary intent nor direction of this article. Besides, it feels wonderful, and that is reason enough to practice such a beautiful gift we have at our disposal. The Good, Bad and Grateful

The fundamental basis of gratitude is a reflection, permitting one to rewind the tape of all your life experiences regardless of how you felt- those great or not so great when they first occurred. However, this same process typically applied in a

historical manner from our memories, is easily applied in the "now" which is our true place of existence.

That is to say, outside of "time." Reflecting from a higher level of awareness in the "Now" provides a much easier point of assimilation to gather new opportunities to see and experience feelings of gratefulness in our lives. One common thought hurdle that must be navigated when digging for something to be grateful about in those not-so-pleasant life events is becoming less attached to the emotional signature or energy surrounding an event.

Removing attachment is the act of being non-judgmental and once you have achieved that level of release, gratefulness and thus, thoughts of gratitude are released and arise easily and automatically. Yes, a bit of practice must take place within our thoughts, but first, it comes from an open heart and a clear understanding that we alone control and are responsible for our thoughts.

Thoughts from our heart center create blissful feelings lifting us into greater levels of perception enabling from within, to see an entirely different place. Sometimes these feelings seem unworldly, and indeed they are! Fortunately, your heart needs not be fully open to experience a wonderful, liberating release; just be easy with yourself and the process soon it will flow naturally.

As for the pleasant life memories and appreciation for those who share our lives, one can easily collect thoughts which are immersed in gratitude. Memories we have and share are invaluable in helping us develop and apply a grateful heart. Not only are fond, wonderful memories normally abundant, but they also offer a multitude from which to easily contemplate thereby gaining practice in your daily use of gratitude. Conscious reflection can be experienced in the most inconspicuous places and events because this is where the art of allowing transforms our experiences. Start today taking some personal reflection time and challenge yourself to find a few thoughts worthy of gratitude and share them with others. Begin to notice how much better you feel and quite possibly at the same moment spread the power of gratitude amongst others!

## The Universal Law

It should not come as a surprise to many that this universe we exist in has absolute rules that govern all. Notwithstanding the appearance of seemingly random chaos, we have immutable, universal laws that are predictable and which repeat providing us with an unwavering foundation to build our lives upon. There is great comfort found in this knowledge. The Law of Gratitude is just one of those universal laws.

You could even say gratitude is a fragment of Unconditional Love. As thoughts are waveforms, frequencies of energy, they likewise attract similar forms of resonating energy. The shocking part of grateful thoughts and even those of appreciation is that when we concentrate on these thoughts, similar events begin to appear in our lives. The reason is, thoughts of gratitude are some of the most powerful high vibration forms that a human can generate. And as a result, like attracts like, it is a law.

If we are to experience life on a more abundant level, focusing our attention on what we want rather than what we do not want is the key. Practicing gratitude takes us to that very special place. Consider there is no such thing as an exclusion in this world. Another universal law is that our universe delivers the essence of thoughts regardless of the intended outcome. Saying you don't want something in your life wrapped in an emotionally charged focus is, in fact, inviting that which is unwanted.

That would be an ungrateful form of thought. Be conscious of how you phrase statements and your thoughts. It's a bit tricky at first but practice wrapping them (gratefully) in a positive light thinking how you will feel when they arrive in your experience. Likewise, do the same when sharing your feelings with others as words just as thoughts have the power to create or destroy. Above all, apply gratitude to overcome contrarian ways of thinking replacing them with thoughts of appreciation and positive outcomes. It really is that simple.

It can be a helpful point of reference reminding us of common things in our lives which we so often take for granted. This position is one of mere forgetfulness and

is opposite to a heart filled with gratitude and appreciation which is easily transmuted as we have read. We all sometimes need a gratitude adjustment, the gentle reminders as to what really matters in making this world turn. Access the key to the only reliable system of love in the universe, a key to infinite possibilities, a key to all joy and a more fulfilling life- practice the gift of Gratitude.



## Cultivating Your Gratitude

Gratitude is a very powerful word. However, the use of gratitude on a daily basis can change your life and unlock the powers of manifestation. Gratitude is the conscious and purposeful state of being and expressing thanks for all things that manifest in your life. When living with a mindset of gratitude you are encouraged to manage situations differently. It promotes the desire of giving, relationship building, good health, and appreciation. To reap the rewards of gratitude, it is essential to form positive habits of gratitude. There are many ways to cultivate a mindset of gratitude.

Gratitude can be cultivated through consciously and purposely giving, committing to positive choices daily, being modest, using daily affirmations and acknowledging thanks by utilizing a gratitude journal.

The creations of a gratitude journal will allow you to reflect on your day and give thanks through logging all that you are grateful for. In reflecting on your day, it is important also to embrace the small and silent moments in your day. Maybe someone took the time to brighten your day with a smile or compliment.

Positive affirmation or gratitude quotes can also be inspirational in cultivating a gratitude mindset. Morning affirmations can get your day started on a positive note. Statements that commit to sharing or being a blessing to someone sets the tone for mutual respect and gratitude. One of my favorite gratitude quotes is "Feeling gratitude and not expressing it is like wrapping a present and not giving it." (William Arthur Ward) How often have someone done a great job on a project and you never took a minute to say, "Great job"? You would be amazed at the type of positive vibrations you can accumulate during a day of feeling grateful.

The good and bad choices we make on a daily basis are instrumental in creating a setting for gratitude. It is easy to be grateful for the good choices we make, but we can also be grateful for the not so great choice we make. In making decisions that create chaos or unrest, if used correctly it allows you to reflect on how you could have made a better choice. Being able to examine and acknowledge your mistakes truthfully is something to be grateful for. So one of the most important



things I do to cultivate the mindset of gratefulness is to post in my gratitude journal the negative or problematic situations and how I could have better handled them. With a conscious effort in cultivating your mindset to one of gratitude and thanks you will begin to see amazing changes in your life.





## Gratitude Excites Life!

Getting excited about life can sometimes seem elusive when we're dealing with many challenges and the associated stress. We always want to experience the best that life has to offer. At times, this preference may have us trying to avoid the challenges life throws our way. Regardless of your choice though, life seems to proceed, and the challenge is survived. Along the way, as multiple challenging life situations are simply allowed to co-exist, I discovered an important quality that sustains and fuels my spirit. Not only does this quality help with the journey through difficulty, but it also attracts positive experiences that can act as a counter-balance. This quality is gratitude.

Gratitude is more than just acknowledging thanks. It is more than an intellectual exercise. It is much more than an obligation. Gratitude is a state of being that appreciates all that is good and welcomed in our life. Gratitude acknowledges from the mind through intentional thought that recognizes the richness of our emotional connections with others, and all good things that bless our lives. Relationships are the most significant source for virtually all experiences of gratitude.

The relationship is at play in every interaction and opportunity with another living being. This is one major reason why pets have been recognized as having a therapeutic and healing effect on patients. The positive experience and exchange of loving energy are present in that moment creating a brief encounter of gratitude, love, and joy. The worry and fear related to a loss of health are momentarily forgotten to allow the fullness of the positive experience to work its' magic. Taking hold of this perspective, if we acknowledge and allow this focus to become a guiding presence with every connection to another life, I wonder how much more gratitude would be experienced and how much more magic would be enjoyed? You will enjoy this experience of gratitude and how it positively affects your outlook and each day. With this enjoyment also comes the fuel to go further, not just with gratitude, but also with every other area and dream of your life. A large part of this is the gratitude for the unknown.

The unknown represents the many surprises that show up every day. Too often, we're so busy with our daily agenda that we don't take the time to notice the unexpected and discover what surprise might be available for us at that moment. This is when the unknown can be thought of as the Unknown, the Mystery, the Universe, the Creator, etc. Whatever your belief system, there is a supernatural element to the beauty and magic that has created all that we see and experience around us every year. Noticing the surprises that show up each day can enhance the experience of the unknown, strengthening the relationship with the Unknown, and increasing the experience of gratitude. With a focus and attention on gratitude each day, the experience of it in your body, in your being, heightens a sense of energy that could be thought of as aliveness. This energy, also a powerful and positive energy, attracts likeness. This is where it is important to know that gratitude is more than an intellectual exercise.

Experiencing, or feeling the energy of gratitude fully in the body is as important as the mental focus on those things you are grateful for. The mental process assists in the transformation to living a life of gratitude. The bodily experience will arrive with consistent mental focus, capturing the negative thoughts and replacing them with a positive thought, preferably combined within the context of gratitude. Consistent effort equates to practicing until this outlook and way of becoming a habit - a positive habit that replaces one or many negative habits. As you can see, this is not an exercise of obligatory duty, offering kindness, thanks, etc., out of a sense of responsibility to others. This is an act for your own freedom and well-being.

If we are resentful, we cannot experience gratitude. Trying to express gratitude out of duty to another is misplaced and misdirected. Gratitude isn't about what you are giving another. Gratitude is about you - being in gratitude - and what it gives you. This again requires that some attention and focus must be given to the negative thoughts that are preventing the beautiful and powerful experience of gratitude. Inquire within yourself to understand the root that blocks your progress. Acknowledge the weakness once it is identified and invite the weakness to observe while you dance with possibility through exercising gratitude. In time healing and transformation will occur. Be patient with the process and yourself.

Too often we want to see results today, let alone tomorrow. As with the nature of all things, seeds need time to take root and grow. Even here you can experience gratitude, knowing that the Unknown is also acting invisibly upon each seed that you plant. The best aspect of this possible reality is that it relinquishes your need to fret and worry about the results. This permits other qualities to arise within your being that also contributes to the fullest experience of gratitude: Faith and trust. Continue with the journey of gratitude and transformation knowing that you are going to see results without worrying what those results should look like. Don't look at where you're not, look at where you are and be joyous!

## **Gratitude Goes To Another Level**

Gratitude is something that can seem fickle to some as they try to find something to be grateful for in their lives. While writing about gratitude, I offered a variety of perspectives that fuel the need for gratitude and the benefits of gratitude. I spoke of appreciating and being thankful or grateful for the good things in your life. Today, while reflecting once again on gratitude, gratitude decided to take it to another level.

While it makes sense for us to experience gratitude for the things we have -- appreciating the people and many things that have blessed our lives -- Therefore, it is more relevant, powerful, potent, and important to express gratitude simply for what IS rather than what you have. It is this expression that expands the conscious connection and gratitude to the Source of Happiness.

You came into this world with nothing, and you'll leave this world with nothing; at least not in the physical and tangible way. You will leave with your experiences, memories, and richness felt through life. Expressing gratitude acknowledges this journey, all the flavors, and tastes along the way, the what is in every moment, and in each and every acknowledgment also comes the acknowledgment of God's presence at play. Again, I invite you to explore gratitude.

## **Health Benefit Of Gratitude**

### **It Increases Your Energy Levels**

In a 2012 study published in *Personality and Individual Differences*, grateful people reported that they feel physically healthier, tend to exercise more, take better care of their health, and are more likely to have regular check-ups with the doctor. These results of expressing gratitude cause an increase in energy levels due to the associated vitality. And higher energy levels, presumably, have a positively impact on the longevity of life for those who are grateful.

### **It Is Good For Your Heart**

Gratitude is good for your heart. For example, a 2015 study found that patients who kept a gratitude journal for eight weeks showed reductions in circulating levels of several important inflammatory biomarkers, as well as an increase in heart rate, which reduces the risk of a heart attack. In other words, less inflammation and healthier heart rhythms mean better heart health. It is interesting to note that gratitude was found to lower the risk of having another heart attack for patients who became more appreciative of life after having a heart attack.

### **You Have A Stronger Immune System**

According to Dr. Robert A. Emmons, "Gratitude works because, as a way of perceiving and interpreting life, it recruits other positive emotions that have direct physical benefits, most likely through the immune system or endocrine system." Researchers at the universities of Utah and Kentucky observed that optimistic but stressed out law students had more disease-fighting cells in their bodies. Also, stress hormones like cortisol are 23% lower in grateful people, and a daily gratitude practice can reduce the effects of aging to the brain.

## **It Improves Your Sleep**

Sleep quality is better due to gratitude. In fact, a 2009 study in the Journal of Psychosomatic Research found that participants who wrote down a list of things they were grateful for before going to bed, more often slept better than those who didn't. Another study in 2011 published in Applied Psychology: Health and Well-Being confirmed that writing in a gratitude journal improves sleep and causes you to sleep longer. Also, gratitude has been found to reduce the time required to fall asleep. This means that gratitude can help fight insomnia.

## **It Lowers Your Blood Pressure**

Dr. Emmons indicates that gratitude can lower blood pressure. This is vital to the prevention of other physical symptoms. Lowering your blood pressure to an acceptable level-120/80 can reduce the risk of stroke, which happens when a blood vessel to the brain bursts or becomes blocked by a clot. High blood pressure can 1) strain the optic nerve and 2) lead to hypertensive retinopathy. Both conditions can dramatically reduce eyesight. As high blood pressure can damage the kidneys and result in kidney failure, lowering blood pressure can boost kidney health.

## **You Have Better Psychological Health**

Gratitude increases happiness and reduces depression. Being grateful enhances empathy and reduces aggression. Gratitude also reduces stress, improves self-esteem and fosters resilience. All of these benefits of better psychological health are due to expressing gratitude in one's life.

## **You Feel Less Pain**

Keeping a gratitude journal has been found to lower the amount of physical pain felt by participants of a study on counting blessings vs. burdens. Dr. Emmons expressed this benefit by various study participants as being "less bothered by aches and pains". Either way, gratitude has a positive effect on the mind and body in general, so the rewards are many, including less pain.

## Why We Should Take All Adversity With Gratitude

There is no dearth of people that turned their shortcomings into strengths; their challenges into opportunities; their adversity to good fortune. "Necessity is the mother of invention," said Victor Hugo in 1852. Instead of dwelling on what's lacking in your life, turn it into an inspiration. You'll be surprised at your own resourcefulness.

A positive attitude helps you to make the most of what you have. Unless you're grateful for life, you might fritter away this valuable resource and wake up too late to the magnitude of this "greatest of all gifts."

You will miss out on the joys of living in the now, unable to draw inspiration and support from God's generosity to us.

People that crib and complain about life, often don't wake up to their blessings until they're lost. They only value what they don't have, or can't have. Eventually, all they're left with is bitterness at having missed the beauty, wonder, and joy of life.

Can you name a time in your life when adversity of some sort kicked you square in the teeth, yet you forged ahead? Did you grow in character, maturity, and grace? Did you even manage to show gratitude for that not so pleasant experience?

If so, you have risen to a level of awareness and consciousness well beyond that of the masses, and you are undoubtedly on the path to creating the life of your dreams. If not, you likely felt like a victim and blamed someone or something for what happened to you. Did you give up, complain about how hard your life was, or play the "why me" game? Then you likely found yourself remaining on a lower plane and experiencing more adversity, resulting in your not getting any closer to where you want to be in life or manifesting the life of our dreams.

Why is it so important for us to embrace adversity? And, why is it equally as important for us to show our gratitude for any adversity? If you don't already know the answer to these questions, you may very well have an "aha" moment when you read and absorb the answer here. It's because every adversity holds

within it a lesson to be learned. If we do not recognize the lesson adversity brings to us, it will continue to come to us in one form or another until that lesson is fully understood and appreciated.

In other words, every adversity that comes our way comes to us to teach us something to make us aware, to build our character, to shift our perspective, or to help us grow. Adversity comes to us for all of these reasons and more.

If you were to ask the most successful people you know how they handle adversity, they would likely tell you they understood that it held a valuable lesson for them. They would probably also tell you that they now hold that experiential wisdom and will carry it with them and not make the same mistake again. Besides, they also know they can share this wisdom with others to save them a similar negative learning experience. And, most will express their gratitude to God, Universe, Higher Spirit, or whomever that higher power is for them for having given them the opportunity to learn and grow through that adversity.

This is all part of our process in expanding our awareness and raising our level of consciousness. Although in the early stages of our expansion and growth it may seem contrary to us to show gratitude for any adversity, as we progress and learn, its purpose becomes very obvious and in fact crystal clear to us.

The point here is to be aware, be present, and catch yourself if you fall back into a pattern of victimization or blame when adversity next knocks on your door. Accept the adversity, give it consideration, and embrace it for the lesson to be learned. Then show sincere gratitude for the lesson that came out of it and the adversity that brought you that newly acquired life experience.

You will then experience growth that will expand your character, knowledge, and consciousness to a higher level that serves you well and opens the doors to success, happiness, and fulfillment. And, you won't have to experience a repeat occurrence of a same or similar adversity the Universe is certain to send you until you get the point. This is only one of the many advantages of living life through a higher consciousness or as I like to refer to it, "from a soul perspective."



## The Secret Gift Hidden Within Every Adversity

*"Every adversity, every failure, every heartache carries with it the seed on an equal or greater benefit."* --**Napoleon Hill**

Adversity is one of the least favored words in our vocabulary, but the truth is, it is one the most important words. Throughout our life, much of our strength, courage, and stamina has come from an adverse time in our life. And, for some of us, the hardships we've had, have made us who we are today.

We've all been to "the dark side" (as some people call it), that place where no one wants to be, whether it is due to death, career, health, divorce, etc. We've all been through adversity or know someone who has... we're human. We've all dealt with difficulties throughout our lifetime, none of us are exempt.

*"Adversity is only just that... adversity. And what YOU choose to do with yours is YOUR choice."* --**Napoleon Hill**, And, there is also an old saying that goes like this, *"If you always do what you've always done, you'll always get what you've always got."* In other words, many people choose to never come out on top of their trials. Instead, they choose to remain stuck and wallow in their tribulations for years. One thing is for certain, we will never be free from adversity, never but we can certainly change our outlook when we are faced with hardships. Even the direst of circumstances can be turned around and used for the good; we just need to open our eyes to see that spark of hope before us.

Adversity is said to make you stronger. However, people are known to break mentally when facing adversities. When putting adversity in its perspective, life is unpredictable for which we must hold our minds steadfast in times of difficulties. Think of a sailor keeping his or her boat afloat in the midst of a deadly storm, in comparison and you must keep your mind afloat in the midst of adversities. The key to overcoming adversities is never to give up hope; hope is what will keep your mind afloat.



## **The Famous Stanford Commencement Speech by Steve Jobs**

Steve Jobs, a visionary who brought revolution in the domain of personal computers was diagnosed with a pancreatic neuroendocrine tumor in 2003 and died of a respiratory arrest on October 5, 2011.

The Apple co-founder was not a usual public speaker, in fact as Tim Cook reveals he was one of those who wanted to get home for dinner. But, he gave a commencement speech for the 114th graduating class at the Stanford University in 2005 which was not only inspirational but could kick start any critical mind.

Although he began by satirizing about his own education, he seemed proud throughout because he was grateful for not just his achievement but because he did not permit the adversities he faced to decide his future.

He dropped out of Reed College within a few months of joining, only to attend a calligraphy class which ten years down the line helped him add a feature in Mac. Mac would have never had multiple typefaces or proportionally spaced fonts had he not trusted his gut and did something he was not interested in.

His unconditional hope and belief in his work made him achieve all the success he deserved, even after a massive devastation of getting sacked from his own company (Apple). But, he did not lose hope and started everything from scratch. Since he was doing something he loved, it was easy for him to give a strong comeback and he did it by creating two companies.

### **Connecting The Dots When Looking Back**

*“Again, you can’t connect the dots looking forward; you can only connect them looking backward. So you have to trust that the dots will somehow connect in your future. You have to trust in something — your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life.” – Steve Jobs*

Everyone does it at certain times in their life (if you think back to the time you met your life partner or found an excellent job, that’s the feeling we are talking about).

However, it's tough to lay out any specific process for replicating this feeling. Describing it is also tricky. An athlete might call it being "in the Zone," a yogi might call it being "in tune, " and a business person might call it "firing on all cylinders" or "making a good bet" or "taking a risk."

So how do we know when we are doing the right thing by shaking something up (e.g. leaving a job, a relationship, a home location, etc.)?

We can't know for sure. Steve Job's insight was that we could only know looking backward, and connecting the dots of our past.

So do exactly that. Look back at your life, and examine the big decisions you made in your career, business and lifestyle.

Which decisions worked out well? How do the dots connect across your life experiences? What clues does your past have when it comes to making big decisions for your future?

By examining your past decisions, you will become grateful and discover clues that can help you with future choices.

## **J K Rowling**

J. K. Rowling is the English writer who has authored all seven beloved and widely read Harry Potter novels. At age 41, her rise to fame and fortune is inspiring. She has sold over 325 million books. The final book in the series, Harry Potter and the Deathly Hallows, was the fastest-selling book of all time.

Her fortune is estimated at \$1 billion. She is ranked as the 136th richest person in the world. In 2006, Forbes named Rowling the second richest female entertainer in the world and ranked her as 48th on the 100 most powerful celebrities list of 2007.

When this all began in 1990, however, things were very different for J. K. Rowling. She was not a published author. She did not have a lot of money. She was living in London, working as a researcher and bilingual secretary for Amnesty International, and her mother had just died. How she got from there to where she is today

J.K.Rowling was born in Chipping Sodbury, Gloucestershire 1965. She spent part of her childhood in Gloucestershire and then in South Wales. At school, she did well in English, arts, and poetry, but did not excel in sports. At the strong encouragement of her parents, she took a degree in English at the University of Essex. This enabled her to spend a year in Paris, although she later regretted not having studied English. On finishing university, she worked for several years in London. This included a job with Amnesty International.

The inspiration for writing Harry Potter came on a delayed train journey from London to Manchester. It was on this unremarkable train journey that she became flooded with the inspiration of; magicians, Hogwarts, Harry Potter and magic trains. J.K.Rowling tells how on the journey she didn't have a pen; also she was too shy to ask a passenger to borrow one.

In her case, it is said that she failed on an epic scale. An exceptionally short-lived marriage was jobless and a lone parent, once upon a time.

One may think, why speak about Rowling's failure in details, when this woman has gone on to capture the imagination of the young and the old alike, through her mind-boggling books? Simply, because Adversity is the stepping stone to success, failure gave Rowling all the energy to finish the only work that mattered to her the most, i.e. living her imagination through her Harry Porter series.

**She once remarked** *"You might never fail on the scale I did, but some failure in life is inevitable. It is impossible to live without failing at something unless you live so cautiously that you might as well not have lived at all- in which case, you fail by default".*

In fact, she says, failure filled her with a sense of inner security which she could have never attained by passing any examinations. Through failure, she discovered her strong will and determination power. Failures help us emerge wiser and stronger. Moreover, the best time to judge yourself and can even judge the strength of your relationship is when you are struck by a hardship.

If someone had told J K Rowling 10 years ago, when she was a struggling single mother unable to even afford to heat for her child, that she would be Britain's richest woman in 2006, after the Queen, she would have said "No way!" She had great self-belief and thought she would be very successful with her books. But a billionaire so quickly from her position? Not likely. Yet, she held her belief, did what she loved best, her writing and her Harry Potter stories, and let life took its natural course. The rest, as they say, is history.

## **Oprah Winfrey**

Oprah is the most popular presenter in America and become one of the richest female celebrities based on Forbes magazine, with money of more than U.S. \$ 1 billion. Copy the "The Oprah Winfrey Show" has been played in almost all corners of this earth.

As a matter of fact, Winfrey was born in Kosciusko, Mississippi to unmarried parents. She afterward explained that her idea was down to a single sexual encounter that her two teen parents had. They rapidly broke up not long after. Her mother, Vernita Lee, was a maid and her father, Vernon Winfrey, was a coal miner and later on worked as a barber prior before being as a city councilman.

She was born in Mississippi of African-American couple named Oprah Gail Winfrey. Her father was a former soldier who later became a barber, while his mother was a household servant. Because they split up, little Oprah was raised by her grandmother in a shabby and poor environment.

At the age of 9 years, Oprah experienced sexual harassment. She was raped by her cousin and her friends many times. At the age of 13, Oprah must accept the fact of pregnancy but the baby died two weeks after birth. After that, Oprah ran into the house of her father in Nashville. Her father was very hard to educate her.

He asked her to read books and make summary for each week. Despite heavy pressure, but later realized that education is what makes it hard as a strong woman, confident and extremely disciplined.

Actually, she was the first Negro woman and the youngest newsreader at one of local TV stations. Many lessons we can take from the biography of Oprah Winfrey. It is the story of a young woman who struggled hard for the success of her life. She is really tough and able to change fate as a kid who got abuse but become grateful and become an awesome person. She took the adversity that she was in and turn it to become a gift.

It's inevitable that when you are on the road less traveled, trying to achieve your goals, starting a new business, career or family, you will get hit by adversity. Its life! It has its ups and downs, we all know that. But how you react to these adversities is what sets you apart from the masses. The best advice on how to stay positive and grateful amidst adversity.

## How to Create an Attitude of Gratitude

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow - Melody Beattie

### Gratitude Mindfulness

Appreciating others and saying thank you is good for your health and peace of mind. A large body of research on positive psychology and happiness suggests that developing an attitude of gratitude can improve psychological, emotional, spiritual and physical well-being.

Recent research indicates that people who frequently feel grateful have increased energy, more optimism, increased social connections and more happiness than those that do not. Grateful people are less likely to be anxious, depressed, self-absorbed and greedy or suffer from substance abuse. They are economically better off, sleep better, exercise more regularly, and are more resilient.

The research is part of the "positive psychology" movement which focuses on strengths. Cultivating gratitude is a form of cognitive-behavioral therapy focusing on changing peoples' thought patterns which can positively affect their moods.

As simple as it sounds, gratitude is a complex emotion that requires self-reflection, humility, and empathy for others. Being grateful requires a shift in mindset from negativity and blaming others focusing on problems, annoyances or perceived injustices to appreciating and giving credit to others.

Gratitude is essentially being aware of and thankful for the good things in our lives. We consider the things for which we are grateful; we count our "blessings."

Psychological research indicates that the experience of gratitude makes us happy and that the regular experience of gratitude can actually enable us to elevate our typical level of happiness in a sustained way. It takes regular practice to become a healthy habit.

Imagine intentionally focusing on the things in your life for which you are grateful. These might include significant relationships, your own achievements, or the contributions others have made in helping you accomplish your goals, small kindnesses from loved ones or even just the experience of sitting quietly for a while without the intrusion of your phone or Blackberry.

Gratitude increases well-being because it promotes the savoring of positive experiences. When we contemplate our "blessings" we squeeze the most out of these experiences. We stop taking things for granted and notice small things with a sense of wonder and appreciation. Gratitude allows us to get the most from the good things in our lives.

## **Count Your Blessings**

Gratitude is merely an attitude or conscious choice. The one thing we can always choose each day, in any situation, is our attitude. We always have the ability to choose an attitude of gratitude.

If you intentionally try to focus on your "blessings" you'll likely notice that it is impossible to feel negative emotions simultaneously.

Research demonstrates that people who experience relatively more positive emotions (joy, love, confidence) than negative (anger, fear, anxiety) are more successful and accomplished in various areas of their lives.

### **They:**

- Enjoy more satisfying and longer marriages
- Develop more close friendships
- Build more cooperative, charitable and helpful relationships

- Earn higher income
- Achieve more productivity at work
- Get better work performance evaluations
- Receive better manager ratings
- Engage in richer social interactions
- Express more self-confidence
- Create more resilience
- Demonstrate more creativity
- Experience more energy and "flow."
- Exude better physical health
- Live longer lives

Psychological research indicates that these characteristics are not simply associated with happiness. Experiencing more positive emotion actually, leads to this success.

## **Gratitude Exercises**

Many of the people I've coached have experimented with gratitude exercises and found them to have a significant positive impact on their professional and personal lives. Successful people are self-aware and take action.

You might consider using the present moment as an opportunity for such an experiment. Here are seven methods that research indicates can have sustained positive effects:

- Keep a gratitude journal. Note one to three good things that happened during the day and be specific. Post your intention on Facebook or Twitter. There's even an iPod app for gratitude journaling!
- Find a "gratitude accountability buddy". Swap gratitude lists with a friend or co-worker; acknowledging where gratitude is due will keep it from sounding like bragging.



- Watch your language. Using disparaging self-talk reinforces negative thinking. Don't gossip.
- Practice mindfulness. Several times a day, pause and focus on the sounds, smells, touches around you.
- Take the time to savor all experiences. Smell the coffee and roses.
- Count your blessings not sheep when going to sleep. Review events and people to be grateful for and let go of the rest.
- Go on a gratitude visit. Write and personally deliver a letter of gratitude to someone who has made a positive difference in your life, but whom you never properly thanked.

### **Make A Gratitude List Instead Of Complaints Or Want List.**

Some people may find this task initially daunting. Not everyone can quickly recall things that they are grateful for, especially if that person is in the midst of a challenging life period or another difficult circumstance. I understand that at times, one can look around and only see challenges, problems, and difficulties. So start simple. I am grateful for this day. I am grateful for this cup of tea. I am grateful for waking up. I am grateful for having functioning legs, arms and vital organs. When you start to break it down to the really simple aspects of life, you may be surprised at how long your gratitude list actually becomes. Celebrate that!

### **Draw Or Collage The Things You Are Grateful For.**

This is also a great concept for a vision board, but that is about manifesting future possibilities and isn't in line with our gratitude activity we are discussing at the moment. Because this gratitude practice is about what we already have, you could put photos of loved ones and family, pictures of your favorite author or even movie star! You could cut out a picture of your pet or even cuter... maybe a

paw print! You could take leaves and flowers from your favorite park or your own garden press them and put them on your gratitude picture. Visual representations of anything and everything you are grateful for, these images only need to be symbolic to you too.

## **Keep A Gratitude Journal**

If you don't keep a journal already, this can be a process to start and keep established. So think of ways you can simply get started: maybe you could write, post it at work when things come to mind then take them home and put them in a journal. Some people find by purchasing a lovely new journal, and special pen or pencil can assist in motivating themselves to start journaling. There have been many articles pertaining to the power of journal writing for all sorts of things from gratitude to self-care and even to the elements and structure around different types of therapeutic tools.

## **Practice Being Grateful At A Specific Time Each Day**

The more you do this practice, the more you feel inclined to do it. I tend to do this just before bedtime. You can simply state the three things you are most grateful for in that day. Say them out loud, but you may feel more comfortable saying them to yourself silently. Even before you start a meal, you could simply say "Thank you for this food," while you are doing that you may want to include the people you are eating with, the home you are eating in and resources you had to purchase and prepare the meal you are about to eat. The more basic you start with gratitude, the more you realize exactly how blessed you are without fully realizing it.

## **Reframe Situations**

Find the gratitude in the challenges (this doesn't mean ignore the negative feelings, just don't get sunk by them).

This can be tough to start, so it is highly suggested that you ask a close friend or someone who knows you well but isn't fully involved in the challenge itself. Often a slightly external perspective can highlight the lessons that are being learned from the challenge or the opportunities that are presenting before you may have

the clarity to identify them yourself. Depending on the situation, I would even suggest seeking professional help at times like these. Often people need an entirely unbiased perspective that can only be gained from presenting the issue to someone totally new and a trained professional would be a person with the skill set and know-how to help most effectively.

This is the process and depending on where your initial starting point is. You need to be gentle and supportive of yourself during this process. Small steps, to begin with, both so that you are not overwhelmed with the process but also so you can sustain this practice. If you jump in head first trying to implement all of these steps in one day, you may not sustain this momentum long term. So start with one practice and add another each week. Slow and steady wins the race. Also, notice how gratitude feels, and as you feel it embrace the feelings of contentment and happiness that come with it. That is the real power of gratitude.

Creating an attitude of gratitude at home and work can make everyone happier. Even small boosts in positive emotions can make life more fulfilling and satisfying and the world a more peaceful place.

## **Gratitude Affirmations**

Below is a set of gratitude affirmations that will help you develop an attitude of gratitude, which can accelerate the manifestation cycle for you. These affirmations contains clearing and rescripting protocols that clears all that stands in the way of integrating an affirmation energetically and awakening to the co-creative power inherent in the divine self and to a deep understanding of our divine right and our responsibility to manifest our life according to our true desires. The Gratitude Affirmations enable a person to embody the energy of the affirmation instantaneously, at deep levels of being. It does this by dissolving the back-wash of opposing thoughts, hidden agendas and unmet needs that often underlie affirmations, cleansing the subconscious mind of all memories, programs and patterns that do not support the affirmation, releasing emotional and mental body patterns and programs that support the denial of the affirmation, and infusing the body, heart, mind and soul with divine ideal traits that will support deep integration of the truth of the affirmation. Accelerated manifestation is

further enhanced by the creation of imagination in the auric field that acts as future potential drawing a person to that affirmed reality that has been purified of hidden intent.

### **Gratitude Affirmations**

1. I AM blessed in so many ways and am deeply grateful
2. I AM grateful for my life and growing consciousness within it
3. I AM profoundly grateful for the power granted me to command the formless intelligence all around me.
4. The more grateful I am, the more my soul may live in close touch with God.
5. My soul continuously rejoices and unites with my experience as I engage in gratitude.
6. Gratitude opens the door for my essence to flow through my life, and spirit blessings to pour into all that I choose to create.
7. Gratefulness is how I return energy to the universe for the bounty I am blessed with.
8. The more grateful I am, the more blessed I am.
9. The more grateful I am, the more connected I am to the source and power of creation.
10. I am deeply grateful to the Creator who wants me to thrive in life.

11. I now immerse in gratitude and cultivate it as a habit.
12. In profound gratitude, I am in a harmonious relationship with the formless Substance out of which my life emerges.
13. By my gratitude, I am close to the source of abundance.
14. My subconscious mind is continually finding things that I am grateful for.
15. In my sleep, I am continually fed inspirations to support me to develop a habit of gratitude in life.
16. I am able and willing to embrace all experiences and derive the gifts they hold for me.
17. I am grateful for life hugging me in a perfect reflective way.
18. I release all resistance to any part of my life and accept it all, knowing it is there as 'love in action'.
19. I release all bitterness, resentment, and dissatisfaction that I may see the blessings I've missed.
20. In gratitude I am at peace with my life and able to withdraw from non-serving energies and focus wholly on creating wonderful things in great joy and expectancy.
21. In gratitude, I am fluid energy able to move easily with life and direct it according to my desires born of love.
22. In gratitude I am inwardly free and unattached to specific outcomes; everything that comes to me is imbued with divine wisdom.

23. With a grateful heart, I see opportunities for growth and joy everywhere.
24. My gratitude reaches God, and God moves towards me.
25. My gratitude reaches the source of abundance, and the source rushes towards me.
26. In gratitude, I love unconditionally and become an infinite being with infinite potential.
27. I am capable of doing what I do because others have come before me. I am grateful for the world I see.
28. I engage and enjoy the luminous divine Essence in all who enter my life.
29. I am grateful for all the players in my life. Everyone in my life is "love in action."
30. I appreciate all people in my life, for each one brings an opportunity for learning to me.
31. I now experience being fully supported by everyone in my life.
32. I am strongly and constantly grateful for all that is in my life.
33. Gratitude keeps me connected to the power of the universe.
34. Gratitude is love, and my heart opens to receive all the blessings coming my way.
35. The grateful mind focuses on the best.

36. I focus on the best in everything and everyone, and the best appears abundantly for me.
37. My life is the image of what I give attention to. What a wonderful experience!
38. I am thinking Substance taking the form of what I think about.
39. I am a lucid dreamer, dreaming wonderful possibilities and potentials.
40. The grateful mind expects the best.
41. I continually expect the best in everything and everyone who enters my life.
42. I am profoundly connected to the source and power of life through the love that I am.
43. I am profoundly connected to the source and power of life through continual gratitude.
44. I breathe in the beauty, abundance, and goodness of life; it abounds.
45. I see only abundance and supply all around me; how wonderful to be alive.
46. I am loved my God, and in deep gratefulness, I allow myself to take this love in deeply.
47. Before going to sleep, I release all idle thoughts and focus on all my blessings.
48. As I count my blessings, my blessings grow.

49. As I am grateful to others, they are gracious to me.
50. In gratefulness, I give back to the universe, and I am fulfilled.
51. Being in gratitude is heavenly.
52. In gratitude, I am in harmony with the creative energies of the universe.
53. By continual gratitude, I am open to receiving God's grace.
54. I am deeply and continuously grateful, and thereby I align to the outcomes of greatest blessing.
55. I am grateful and thereby allow more supply into my life for which to be grateful!
56. I release all concern as to how to feed, clothe, or supply my world, and turn all my thoughts to expressing the love that I am in freedom and joy.
57. The grateful mind expands to embrace even more of the blessings of life--I am continuously grateful and expanding.
58. I dwell only on the best and the blessings, and I become the best, blessed, and a blessing unto others.
59. Faith is born of gratitude; I have faith and am filled with joyous expectancy.
60. I continuously expect great things and am deeply grateful in advance.



## Top 10 Reasons to Keep a Gratitude Journal

Below are reasons why you should keep a gratitude journal:

### **Positive attitude and happier**

When you are grateful, you feel more optimistic about life in general because you are naturally looking for the good in every experience. Also, research by Robert A. Emmons, Ph.D., a leading expert on gratitude, shows that gratitude reduces toxic emotions, such as envy, resentment, frustration, and regret. This results in less depression and thereby increases happiness and joy.

According to HappierHuman.com, in a study of participants who kept a gratitude journal over time, the percentage of increase in happiness rose by 150% in only five months. The Greater Good: The Science of a Meaningful Life project conducted by researchers at the University of California at Berkeley and Davis discovered that grateful people feel less lonely and isolated. Lastly, according to Time.com, a 2003 study found that people who wrote about things they were grateful for were more optimistic and reported feeling better about themselves.

### **Good for your health**

A team of researchers, led by Deepak Chopra and Alex Wood, examined a group of individuals with Stage B asymptomatic heart failure and determined that gratitude has a major role in spiritual well-being. More specifically, the researchers documented that an attitude of gratitude related to better mood and sleep, less fatigue, more self-efficacy, and lower cellular inflammation. In 2012, a study published in Personality and Individual Differences indicated that grateful people are more likely to take care of their health, exercise more often, and are more likely to attend regular check-ups with their doctors.

## **Helps advance your career**

Expressing gratitude has been found to improve work performance. Researchers at the Wharton School at the University of Pennsylvania conducted a study on how workers who received a pep talk and gratitude from their manager did more work than those who did not. So treating employees nicely with appreciation is not only a good thing to do, it will increase productivity. Gratitude helps people network, increases decision-making capabilities, and helps in getting new mentors and protégés. As such, being grateful helps you achieve your career goals and makes your workplace more friendly and enjoyable. Another study found that expressing thanks to your employees fosters a strong sense of self-worth and confidence. The same study further revealed a ripple effect of gratitude leading to increased trust amongst colleagues and more initiative to help each other at work.

## **Strengthens Your Relationship With God**

In research done by Robert A. Emmons, Ph.D. and his colleagues, those who regularly attend religious services and engage in religious activities such as prayer or reading religious materials were found to be grateful. As I have researched, multiple religions have numerous scriptures indicating how we should be more grateful to God for everything and by doing so, we will have a more rewarding life. The fact that so many scriptures are written about gratitude in relation to God suggests that being grateful must be crucial. Being more grateful to God draws us closer to Him as we understand that He is the source of our blessings. This causes God to reciprocate, as stated in the Bible in James 4:8, "Draw near to God, and He will draw near to you." By acknowledging and thanking Him for His gifts and mercy, we strengthen our relationship with God.

## **Enhances Empathy**

A 2006 study in the journal *Psychological Science* found that people who expressed more gratitude were also more likely to help out others. A 2012 study by the University of Kentucky linked gratitude to greater empathy and lower aggression. In fact, the study participants with higher levels of gratitude behaved in a pro-social manner even when others behaved less kind.

## **You Make Friends More Easily**

Keeping a gratitude journal has been found to make you more likely to help others and to offer them emotional support. A 2014 study published in the journal *Emotion* revealed that students showing gratitude by writing and sending a note to a new mentor resulted in the mentor sharing their personal information with the students. These studies support that being grateful makes you more friendly and open to receive new friendships.

## **Improves Self-Esteem**

In 2014, researchers who published a study in the *Journal of Applied Sports Psychology* found that gratitude increased self-esteem in athletes, which is key to optimal performance. Also, other studies have found that gratitude reduces social comparisons and that grateful people appreciate the success of others. As mentioned earlier, gratitude reduces envy and resentment. Therefore, it correlates that grateful people would tend not to compare themselves to others.

## **Helps You Recover From Trauma**

Gratitude has been shown to play a major role in overcoming trauma. For example, a 2006 study found that Vietnam War Veterans with high gratitude levels had lower rates of Post-Traumatic Stress Disorder. Another study linked gratitude with fostering resilience for survivors of the September 11, 2001,

terrorist attacks. Being grateful for surviving the negative experiences helps you to move forward with a positive attitude.

## **You Have Better Memories**

The very nature of gratitude instills positivity in how we interpret various life experiences. As we keep a gratitude journal, we are creating a written record of these reflections. According to Robert A. Emmons, Ph.D., one reason to keep a gratitude journal is to have a legacy gift for someone or yourself, to be able to look back at the source of the goodness in your life many years later.

## **You Have Better Romantic Relationships**

A 2015 University of Georgia study found that saying thank you more often too and feeling appreciated by your spouse causes partners to feel closer, more committed, and have a greater mutual relationship satisfaction. And for couples who had financial and other problems, gratitude can actually reverse negative effects of conflict and promote positive marital outcomes. The study also discovered that having gratitude for a partner and receiving gratitude from one's partner results in better romantic relationships. A different study also reported that gratitude has lasting effects as the partners were more responsive to the other's needs, even up to nine months later.

## **Living Gratitude - How to Stay Grateful All Year Long**

Being grateful is a choice. It's about learning from a situation, taking the good out of it to help deal with the challenge. It's about celebrating " what is " in life. It's about realizing you have more power over your life and thoughts, emotions and energy than you previously imagined. You can stop being a victim of your circumstance and reach out for the joy rising in living. If you can open your heart to the good all around, gratitude can become as much part of your life as breathing.

**Here are a few helpful suggestion to help you continue on your gratitude practice all year round.**

**Go On Gratitude Walk.** Something about getting out in nature is healing research shows exercise can decrease stress and releases the " feel good "chemicals in your brain. Giving thanks helps you become centered, present and living in the moment. When you are grateful for the beauty around you automatically, you will find more beauty to be grateful for.

**Say a prayer of gratitude every day for what you have and for what you will receive.** I suggest doing this in the morning and at night before you go to bed. In the morning, offer up gratitude for being alive another day, for the sun or the rain, for the job you will go to or the opportunity to apply for another job, for your home, for you family, for the meager bowl of cereal that is your breakfast, for whatever degree of health you enjoy, etc. Find some good for which to offer up thanks to God or Source or whatever you call the Higher Power.

In the Jewish tradition, the first prayer offered each morning is one of gratitude for the soul being returned to the body after sleep and for all the parts of the body working. Everyone can at least thank God for the fact that their openings are open and their closed places are closed...as the Jewish prayer is translated...and that their soul has been returned to their body for another day of life...that they haven't died in the night.

In the evening before bed, you can offer a prayer of thanks for having returned safely to your bed, having achieved something during the day, having kissed your kids or your husband or your dog or cat good night, for your boss, your house, your meager money in the bank...whatever it is. You can be grateful for big things and small things. It's great to go to sleep feeling grateful.

**Keep a Daily Gratitude Journal.** This is probably the most effective strategy for increasing your level of gratitude. Set aside time daily to record several things that you are grateful for. You can write when you get up or at the end of the day. Pick a time that you will consistently have available. The important thing is to establish the daily practice of paying attention to gratitude-inspiring events and to write them down.

**Have a Gratitude Partner Social support encourages healthy behaviors because we often lack the discipline to do things on our own.** Just as you may be more likely to exercise if you have an exercise partner or participate in class, you may be able to maintain the discipline of gratitude more easily if you have a partner with whom to share gratitude lists and to discuss the effects of gratitude in your life. You can join communities on Facebook. If you hang out with ungrateful people, you will 'catch' one set of emotions or energy; if you choose to associate with more grateful individuals, the influence will be in another direction. Find a grateful person or community and spend more time.

**Make a Public Commitment** When we become accountable, and we make commitments to others we are more likely to follow through. Feel free to use our gratitude community on Facebook to make your public declaration or to post your daily gratitude. There is plenty of support.

**Change Your Self-Talk** We all carry on an inner dialogue with ourselves that is often called "self-talk." When this inner conversation is negative, our mood is usually low. Research has shown that we can change our mood by changing the tone of the things we say to ourselves. Thoughts are powerful make sure to watch what you think about. Affirmations are great tools in reconditioning our thoughts.

**Bless your food at each meal.** This not only puts God into the picture at least three times a day and reminds us that the Divine might have something to do with our good fortune--having something to eat--but it reminds us that we are blessed to have food to eat. It also reminds us that something greater than us is at work creating the food we eat...growing it...and that once in our bodies that food creates our life force, our life essence, that we need to keep living. Be grateful for the Divine process that puts food on your plate, the fact that you have something to eat and that once you eat that something it gives you life--it is transformed into energy and nutrients that feed your body and then course through it as blood, etc.

**Take time during a meal or at some time during the day with your family or partner for each person to offer gratitude for at least one thing.** Begin simply by saying, "Something I'm grateful for is...." and fill in the blank. Then share as many specific things for which you are grateful as you can think of. You can continue after your first sharing by saying, "And something else I'm grateful for is..." If you live alone, start a gratitude journal. In that journal, at least once a day, do this very same exercise. Write at the top of the page, "Something I'm grateful for is..." and fill in the blank with as many things as you can think of. Make it a rule to come up with at least five journal entries per day. This is a great exercise to do at night before bed.

**Each day spends time being grateful for things you don't yet have but that you desire.** Act as if you know they have already manifested in your life. A great time to do this is in the morning and the evening with your other gratitude prayers.

Vocalizing our intentions to manifest things in the future provides a wonderful vehicle for actually having them manifest in our lives. And the best way to allow these wonderful gifts into our experiences lies in affirming that they already are coming to us. In fact, it's a most powerful exercise to offer gratitude for them as if you were experiencing them right at the moment. For example, you might say, "I am so grateful for the job I just landed," "I am so grateful for the wonderful health I am now experiencing," or "I am so enjoying my sleek, trim, body which weighs just 150 pounds." The more specific you get about these goals and desires, the

better. Not only do these invocations make you feel better because they affirm that what you need or want is coming your way, but they have a way of actually attracting these things into your life.

**Set your watch to chime on the hour, and when it does, take a deep breath and then look around the room and find something for which to be grateful.** Or simply close your eyes, take a deep breath, and feel gratitude for the first thing that comes to mind.

Two obstacles to being grateful are forgetfulness and lack of awareness. You can counter them by giving yourself visual cues that trigger thoughts of gratitude. I like to use Post-It notes listing blessings in many places, including on refrigerator, mirrors and the steering wheel of my car. You can get as creative as you want you can even use your camera to take photos of what your grateful and put them in an album. Another strategy is to set a pager, computer or PDA to signal you at random times during the day and to use the signal to pause and count blessings.

**Thank others for what they do.** Be aware of all that others do for you and around you, and voice your gratitude. This is a way of sharing gratitude and giving thanks-of spreading it around. More often than not, we forget to say, "thank you," especially to those we love. Remember to say it to everyone for even the smallest thing...a nice smile, a helping hand, the elevator held open, an opening for you to move into in traffic, a compliment, someone turning in work on time...Just be sure to say thank you more than you feel necessary.

You might also consider leaving someone a tip...or a little thank you note...or sending them an email that expresses your gratitude. We forget to do these things...we don't take the time, and this is just another way of having an attitude of gratitude.



## My Personal Story To Inspire YOU



Lastly, I would like to end this ebook by sharing with you a personal story and hope it will inspire you to treat each day with gratitude.

It happened a few years back when I was pregnant with my son; I am working for a small-medium enterprise company as a website designer. I enjoyed my job very much and was happy to be on a long maternity leave when I delivered my child as I get to have enough time off with my newborn. After my extended maternity leave, I was glad to get back to work but my company got into a big restructure due to the company not doing well and my department was badly affected.

The company decided to dissolve the entire department where I belong and outsource the work. I was one of those who was asked to leave. I couldn't even get any compensation as I was not converted to a permanent position on time before I left for my maternity leave and I was in my last month of contract with the company.

It was one of my saddest moment in life as I was asked to leave the company straight after my maternity leave. The lucky thing was my family still have some savings left that was still able to support the family for a few months. Although I was sad of being asked to leave the company in such a nasty way, I was able to find a better option down the road and slowly along the way learn new skills and

took the courage to come out with this ebook with my personal story to touch more lives along my journey.

Remember this: No matter how bad your situations are, always have the belief that things will definitely get better along the way.

Have faith in yourself that you can pull it through and always look at the bright side of life.

Everything happens for a reason, be grateful that it happen to you. You might not know the meaning behind it now but always trust the power of gratitude as there is always a secret gift hidden within every adversity.

*As Steve Jobs said: "Again, you can't connect the dots looking forward; you can only connect them looking backward. So you have to trust that the dots will somehow connect in your future. You have to trust in something — your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life."*

Thank you for reading this far, and I hope this ebook have helped you gain some insights about the power of gratitude and inspired you in some ways or another. If you appreciate what I have shared in this ebook, you can donate any amount to show your appreciation because it will keep our gratitude community going!



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