



GRATITUDE IS EVERYTHING

By Paula Dieck

When was the last time any of us spent just five minutes reflecting on our lives and being grateful for all the blessings bestowed upon us? Chances are it's been a while for many of us; or, we count the big blessings but still complain about everything else 'going wrong' in our world. Eventually, we all fall into that pattern, because 'life' happens.

If we constantly focus on the things in life which are not going our way, it slows down our energy and changes our outlook, which in turn attracts more of the same, creating a negative downward spiral. How do we change that pattern?

At some point in time, we have all heard the phrase, 'Attitude is everything';but what type of attitude? How about trying on an ATTITUDE OF GRATITUDE? Taking on an attitude of gratitude can change our entire outlook on life. A better outlook on life will increase our energy level, improve our experiences, and ultimately, attract better results into our lives.

It's easy to do. All we have to do is open our eyes and our hearts and we will find a multitude of things for which to be grateful. How about being grateful for our friends and loved ones, or for the unconditional love provided to us by our pets? Be grateful for shelter and food and clothing. Do we have a job that pays the bills? Be grateful, even if it's something we're not passionate about; at least it's getting us by for now. Look around and see all the beauty in the world. Be grateful for the sunrise and the rain and the green trees, plants and grass.



We can be grateful for our health. How amazing is the fact that we each have a heart that just keeps pumping and lungs that continue to breathe and eyes to see the beauty in the world? What about the ability to hear the birds singing and wonderful music, or the ability to smell and taste food? Obviously, some of us have challenges in some of these areas, but why not become grateful for the things that do work?

Even in the face of adversity, we can choose to be grateful. For example, how would we feel if we got a flat tire and it was 100 degrees outside and we had to wait 45 minutes for help to arrive, by which time we had missed an important appointment? It would be easy to be very upset and fall into victim mode in such a situation. But what good would that do? NONE! Instead, we can find something to be grateful for. Maybe that flat tire saved us from getting into an accident if we had been able to continue on our planned route. Or, maybe there was some reason we were meant to meet the person who came to assist with the flat tire.

The bottom line is that we have the ability to look at every situation and everything in our lives and find something to be grateful for.

Having an attitude of gratitude is a wonderful habit to begin. One way to accomplish this is to make a daily list of items for which we are grateful. Some will choose to think their gratitude list at night before going to sleep. Others will wake in the morning and write or think of items from the day before, for which they are grateful. Some will choose to share their list with their partner. Others will keep their lists to themselves. We can each choose the method that works best for us. Begin today.....Choose an Attitude of Gratitude!!