

Gratitude

“When I started counting my blessings, my whole life turned around.” — Willie Nelson.

Gratitude is one of many positive emotions. It is a warm feeling of thankfulness towards the world, or towards specific individuals.

Gratitude is pausing to notice and appreciate the things that we often take for granted, like having a place to live, food, clean water, friends, family, even computer access. It's taking a moment to reflect on how fortunate we are when something good happens — whether it's a small thing or a big thing. It's about focusing on what's good in our lives and being thankful for the things we have.

We can use a lot of words to describe feelings of gratitude: We might say we feel thankful, lucky, fortunate, humbled, or blessed.

We're taught to look at the world as a half-full glass, rather than a half-empty one. There's good reason to adopt this mindset. When you take a moment to give thanks and be grateful for what you have, instead of ruminating on what you don't have, it fills you up and makes you happier.

By developing a gratitude mindset you can greatly improve your feelings of positivity and appreciation for everything you have in your life.

There are numerous benefits of a gratitude mindset. Being grateful strengthens everything that is important to you, it narrows your focus to what matters most and expands your appreciation for the people in your life, builds stronger relationships, amplifies feelings of happiness, makes you feel more positive and confident, helps you deal with adversity and setbacks, makes you more compassionate, generous, and helpful. It can keep you emotionally balanced and improve your health and overall wellbeing.

Let's look at simple ways to develop an attitude of gratitude.

1. Keep a Gratitude Journal

When it comes to practicing gratitude, consistency is the key. We often experience things that we should be grateful for, only to forget about them the next day. This is why writing down what you are grateful for is a good idea. By doing so we can form the habit of recording and reflecting on things we are grateful for on a daily basis.

At the end of each day, make a list of three things you are grateful for. Think of everything from running water and a cozy bed to no red lights during your commute and having a great friend at work. The list can be endless! As you practice, you strengthen the neural pathways that help you find even more things to be grateful for. Pretty soon, gratitude will be your attitude.

2. Express Your Gratitude

Think about the people in your life who have made a positive impact on you. Reach out and tell them how much you appreciate them. There are plenty of ways to express your gratitude.

Start writing thank-you notes, give out meaningful compliments, or call up to express gratitude and appreciation, this helps to experience more positive emotions.

3. Meditate on Gratitude

Meditation is a powerful practice in self-awareness. The beauty of a gratitude meditation is that you can practice it anywhere. Take a few minutes out of your busy schedule each day to reflect upon the things and people whom you are grateful for. Bring the person to mind. Imagine your life surrounded with blessings.

When you master the mind, you master your emotions. All of a sudden, everything in your life flows with more ease. You become less reactive and are better able to handle life's challenges with grace.

It's never too late to start cultivating an attitude of gratitude.

Life is beautiful. Take time to stop and appreciate it. Gratitude has the power to transform your entire life. It makes you a considerate and caring human being, motivates you to reciprocate and be supportive to others.

Gratitude is a powerful emotion that can make your life better in so many ways. It's quite difficult to feel depressed or sorry for yourself when you are feeling gratitude.

Be the change you want to see in the world by making gratitude a part of each day. If we all practice gratitude more regularly, the world will be a better place.

Best Wishes

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