

## **Attitude of Gratitude**

By Karen Whiting

Starting each day with gratitude helps a person start the day feeling like life is full or abundance as they dwell on what they have and not what they want. That also lowers feelings of jealousy or envy where you compare yourself to others and want what they have. Choose joy over negative emotions.

Studies show that people who express gratitude raise their happiness level by 25%. It fills your mind with pleasant thoughts. Alas, negative events have a greater impact on our brains than positive events. We recall our emotions more when there is fear, abandonment, or anger than when we are joyful or peaceful.

### **Develop gratitude to have more joyful days**

- Journal about gratitude daily or wake up and think of three reasons to be grateful.
- Tell others how much they mean to you.
- Show and express appreciation for kind words and actions.
- Celebrate the little joys in life too from a flower blossoming or a smile from someone to a phone call from a loved one.
- Read scriptures related to joy and reflect on them. There are 570 scriptures that use the words joy, rejoice, or delight.
- Notice beauty around you in nature and people's smiles.
- Avoid negative media.
- Call friends more often.
- Volunteer for organizations.
- Avoid gossip and rumors.
- Be generous with true compliments.

What blessings Have you received this week?

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How did you bless others this week?

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List a few things for which you are grateful.

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Who are some people who mean a lot to you?

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How have you expressed your gratefulness to those people?

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