

Gratitude

What have I shown gratitude for recently? What should I have shown gratitude for recently? What will I show gratitude for now?

Gratitude is being thankful, it is appreciation, and it is acknowledgement.

Every day we have many things to express gratitude for if we just stop and look for them. We should take a moment every day and make a list of what we are grateful for. For example: life itself, health, improving health, supportive family, loving family, a loved one, children, jobs, friends, a place to live, those who serve you, and those you serve. The examples are endless.

We can sit and feel bad for ourselves. We can sit and dwell on what is wrong or who has hurt us. We can live with the glass half empty or the glass half full.

In spite of the small things, the troubles, there is always much to be grateful for. If we look for the good, for the valuable, for the reasons we are fortunate, there is much we will find. Just listing those things we have gratitude for will boost our spirits. Just listing those things will reduce the value and the focus on those things that are not as good.

Try a daily list of that which is good. Try to record daily that which you are grateful for. You will find much and you will find yourself focusing on the positive. You'll be surprised at how much you have to be grateful for.

Now, think of the effect it will have on others. Think of the reaction you will get from those who you express gratitude to. What will they think of you? Will they work harder? Will they try even harder to please you? Will they be filled with pride? Yes, all of these things. There are so many who do so much with little, if any, acknowledgement.

Let's reflect on what we should be grateful for and let's express it to all of those who deserve it. We will feel better and the person given the gratitude will know they are of great value. This is truly a win win for all parties. It cost nothing but the value is priceless. The value is for you and the one to whom you are grateful. The value is for all of us.

