

THE IMPORTANCE OF AN ATTITUDE OF GRATITUDE

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By Rhoberta Shaler

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Do you have an 'attitude of gratitude'? What is your first inclination in any situation? Is it to find something to appreciate, or something to criticize?

Many folks were raised with constant criticism. It seemed that almost nothing they did was right or good enough. If they got a good grade on a report card, the question was "Why didn't you get a better one?" That's one way that parents control their children, or, at least, think they do. If that was part of your past, you may have to make a concerted effort to not pass that along now. Focus on the positive. Catch others doing thing right and say so!

You've probably heard the saying, 'When life gives you lemons, make lemonade.' What do you do when things do not seem to turn out the way you want them to? Do you look for the learning in the situation, and change your approach? That's the best use of energy on your part. Spend little time on the downside—just enough to understand the lesson—and move on.

Olympic athletes are remarkable in their ability to focus on what went right and to see the best in their competition. When they are interviewed they put no one down. Have you noticed that? They speak of the good in their own performances and those of others. We can learn a lot from these young folks. Look where it gets them!

Focusing on the good is energy-giving. Remember, gratitude is the attitude of altitude. Stand tall and appreciate all.

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Dr. Shaler speaks to thousands of people each year giving them and their organizations "The OK's to SUCCEED!" —the Optimization Keys to lift their sights and elevate results from acceptable to EXCEPTIONAL. She is the author of 'Optimize Your Day! Practical Wisdom for Optimal Living'. Get her book & her free ezines at her website, www.OptimizeLifeNow.com.

Keeping an Attitude of Gratitude

By Louise Morganti Kaelin

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When was the last time you stopped to acknowledge all the good things in your life? Very often, when we're focused on a 'big' goal, or just caught up in day-to-day living, we often forget about the things that bring us joy. And when we're feeling down, it's very hard to remember that they exist at all!

Yet there is a definite physiological response when we acknowledge our gratitude. Try it now. Close your eyes and think of something (or someone) you're grateful for. Notice how your breathing changes? How it slows down? That you start smiling? And just feel better in general?

It is amazing to me how something so simple can change my perspective. No matter what my attitude was when I started, I feel better. And the more things I can acknowledge my gratitude for, the better I feel. Here's a simple way to incorporate gratitude into your life on a regular basis.

1. Start your day off by remembering what you're grateful for. List everything you can think of. As you continue with this exercise on a daily basis, you'll notice that your list grows.
2. You can write these in a Gratitude Journal. Or, you can incorporate this exercise into your morning routine. What do you do regularly in the morning where your mind is free? Walk, shower, exercise, commute to work? Reap double benefits from what you're already doing by making that your 'gratitude time'.
3. Starting your day with gratitude puts you in a pretty good mood. So, when you get to work, begin with the hardest thing you have to do that day. I suspect you'll

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find it much easier to accomplish.

'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

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