



Coach Jane

Gratitude is Attitude

Many of us will celebrate Thanksgiving this month by sharing and giving thanks with our family and friends we love. What would it be like to feel the joy and gratitude of Thanksgiving on a daily basis?

What are you most grateful for? Gratitude is an attitude. You too can develop an attitude of gratitude. Is the glass half full or half empty? For someone dying of thirst the glass will be half full. How many of us take the glass for granted and never give thanks?

Some of you will be thinking, oh but you don't know how difficult it is for me. There are always things to be grateful for.

How do you view events in your life?

- Do you have trouble at work? Ask someone who lost their job and they will tell you to be grateful you have a job.
- Are you having challenges with your children? Ask someone who has a sick child, what is important.
- Are you having challenges with your health? Are you breathing? Ask the person who has just lost someone close to them and they will tell you be grateful you are alive.

I have many of my clients start a gratitude journal. I ask them to write 5 things they are grateful for, every night before bed. Slow down and think of the small things you are grateful for and you let go of stress.

The magic of gratitude is the more thanks you give the more you will receive to be thankful for. Remember whatever you focus on expands. Our thoughts create our reality. What are you thinking?

Practice gratitude on a daily basis and before long you will feel incredibly blessed and joy filled. You will be smiling and others will want to know what the secret is. Of course it is up to you what you tell them!

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