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What is Gratitude

Gratitude: The Power of Thankfulness in Our Lives

DEFINITION

> Gratitude is the feeling of being thankful for the good things in our lives. It helps us appreciate what we have and improves our happiness.

KEY CONCEPTS

Appreciation

Recognizing and valuing the positive aspects of life, big or small.

Positivity

Focusing on the good can lead to a more positive outlook on life.

Mindfulness

Being present and aware of our feelings of gratitude in the moment.

Connection

Gratitude strengthens relationships by showing others we value them.

Journaling

Writing down things we are grateful for helps reinforce feelings of thankfulness.

EXAMPLES

→ Saying thank you to a friend for their help.

→ Writing a list of things you appreciate each day.

→ Noticing the beauty of nature around you.

MEMORY TIPS

★ Think of 'G.R.A.T.' for Gratitude: Recognize, Appreciate, Thank, and Share.

★ Use the acronym 'T.H.A.N.K.' to remember: Thoughtful, Helpful, Appreciative, Nice, Kind.

★ Visualize a gratitude jar filled with notes of thankfulness.

COMMON MISTAKES

✗ Focusing only on big events instead of small daily blessings.

✗ Taking things for granted and not expressing thanks.

✗ Confusing gratitude with obligation or expectation.

QUICK RECAP

Gratitude is about feeling and expressing thankfulness for the good in our lives. It enhances our happiness, strengthens relationships, and encourages a positive mindset.