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What is Gratitude

Gratitude: The Power of Thankfulness in Our Lives

DEFINITION

> Gratitude is the feeling of being thankful for what we have. It helps us appreciate the good things in life.

KEY CONCEPTS

Appreciation

Recognizing and valuing the kindness or help we receive from others.

Positive Thinking

Focusing on the good aspects of our lives can improve our mood and outlook.

Kindness

Being grateful often leads us to be kinder and more helpful to others.

Mindfulness

Being aware of our blessings encourages us to live in the moment and enjoy life.

Expressing Thanks

Saying 'thank you' or writing notes can strengthen our relationships with others.

EXAMPLES

→ Writing a thank-you note to a friend.

→ Thinking about three things you're grateful for each day.

→ Helping someone in need as a way to show appreciation.

MEMORY TIPS

★ Use the acronym 'TAG' - Thankfulness, Appreciation, Generosity.

★ Visualize a gratitude jar where you add notes of thanks.

★ Remember 'Gratitude Attitude' to keep a positive mindset.

COMMON MISTAKES

✗ Taking things for granted and not acknowledging help.

✗ Only expressing gratitude during special occasions.

✗ Focusing on what we lack instead of what we have.

QUICK RECAP

Gratitude is about being thankful and appreciating what we have. It promotes positive feelings and strengthens our connections with others. Remember to express thanks regularly to cultivate a grateful mindset.