

## Yet Again, Grateful

As I, you have probably been more present with feeling grateful for your own life situation following Hurricane Katrina and Rita and the flooding of the Gulf States. It is during such catastrophic tragedies we revisit this virtue, feeling and attitude. How often when viewing the news or hearing of someone's suffering are we grateful not only for what we have but even more so what we do not have to suffer? It is very easy to call upon this feeling in the face of other's suffering. It is easy to call upon this feeling when receiving something needed at a time of our own need. However, where many find difficulty is with sustaining and maintaining it as an attitude in life. We lose sight of it on a daily basis or when such tragedy is not right in front of us. Why do we need reminders to be grateful?

This newsletter is intended to help you sustain gratitude as much research has suggested that a grateful attitude is linked to happiness, fulfillment and success. Grateful people are happier, more optimistic and more satisfied with their lives. It shifts your focus, raises your energy, relieves stress and promotes positive change. Gratitude does not suggest we must stop wanting to change something in our lives. Actually, it is what can often help provide more energy toward what we want to change. When you find yourself frustrated, complaining or worrying, turning toward gratitude can open up the emotional space to create possibilities you would not otherwise see.

*“To educate yourself for the feeling of gratitude means to take nothing for granted, but to always seek out and value the kind that will stand behind the action. Nothing that is done for you is a matter of course. Everything originates in a will for the good, which is directed to you. Train yourself never to put off the word or action for the expression of gratitude.”*

Albert Schweitzer

### **Cultivating a Lasting Attitude of Gratitude**

#### Pause and Reflect

As you go through your day, intentionally see new things and experiences to be thankful for. Pause for a moment and just notice what is around you. You will easily see what there is to be grateful for.

#### Start a Gratitude Log

At the end of the day, list all the things you are thankful for that day. Include items such as family, health, love as well as events that happened that day. You will go to sleep

feeling satisfied. The next morning as a reminder, read what you wrote. You will approach this new day with an attitude of gratitude.

### Gratitude Ritual

At the end of each week, think of who may have supported you in that week or can be recognized and send a thank you note. You would not be where you are without others. Genuine and sincere is what makes gratitude feel so good and impact others in a positive way.

A family ritual, choose a time such as dinner where each member share's something to be thankful for.

### Reminders

Where and when do you find yourself most frustrated, frazzled or distant from gratitude? Is it at your office or home? Is it in the kitchen while cooking dinner, phone ringing, kids yelling? Is it in traffic? Post yourself a reminder, "gratitude" or "pause with gratitude".

Make a top 10 list of your small pleasures in life and carry with you to refer to when things are difficult.

Collect gratitude quotes and refer to them regularly or in need.

### Abundance Rather Than Scarcity

Sometimes we think about how much and what to give from a place of sacrifice. Coming from a place of scarcity leaves us uncertain about giving. When we are grateful we come from a place of abundance, willing and wanting to share generously. Share generously compliments and random acts of kindness. As the weeks go on and the needs of the hurricane survivors goes on, take on the feeling of abundance and notice how much more you can stretch.

### Reframe Your Complaint

Where is the positive in what appears negative? I suggest this as a use in our everyday goings on, not toward tragedy. You can tolerate daily stress better and even become thankful for the incidents themselves that occur. I live in an area with fewer stores than I might want. At times it is inconvenient to go the distance for what I need. I remind myself that I spend less money and buy less unnecessary goods as a result.

*Some people are always grumbling because roses have thorns;  
I am thankful that the thorns have roses. Alphonse Karr.*

If we can sustain our own gratitude we will be happier ourselves, be more at peace, less stressed, not take so much seriously and give more to the world. When we are at our happiest we want to offer it to others. Collectively we can make a difference to those in need in the Gulf States.

Reading List:

Learned Optimism, by Martin Seligman

Flow: the Psychology of Optimal Experience, by Mihaly Csikszentmihalyi

Finding Flow: The Psychology of Engagement with Everyday Life, by Mihaly Csikszentmihalyi

Simple Abundance: A Daybook of Comfort and Joy, by Sarah Ban Breathnach

Happiness is a Choice, by Barry Neil Kaufman

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If you would like to schedule a complimentary consultation to discuss how coaching can help you realize your goals and aspirations, please contact me at (978)686-5693 or email me at [lisa@baystatecoaching.com](mailto:lisa@baystatecoaching.com).

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