

Wellness from Within – March 2007

Attitude of Gratitude - By Jennifer Powers

Too often we find ourselves thinking about all the things that we don't have or wished we had. More money, time, health. Better relationships, skills or jobs. It seems that we are programmed to focus more on what we lack and less on what we have.

This feeling of "not enoughness" can be (and is) detrimental to our success because if we always look at what we DON'T have we never allow time to appreciate what we DO have.

Consider the possibility that by shifting your attitude to that of "gratitude" you can actually manifest more of what you want in life. Because when you focus on all that is wonderful you will attract more wonderful things into your experience.

What you focus on grows, so why not focus on what IS, so you can attract more of it?

The next time you are feeling down about something that is "missing" in your life take a moment to think of all the things that are "present" in your life. Then tap into how that shift makes you feel. Watch how a frown can turn into a smile just by redirecting your thoughts.

Watch how your motivation and excitement increase. Watch how your actions change. Watch how you leap into success.

To take this a step further, it is important that you experience gratitude for those things that are present in your life. Being thankful and appreciative of anything evokes good feelings. And by doing so, you recognize and focus on the positive, which leaves less time to spend thinking about the negative. This takes practice but here is an exercise to get you started.

Each night before you go to sleep, list all of the things you are thankful for in that particular day. Big things, little things, accomplishments, challenges, people, experiences, pets, love, food, air, life....The sky's the limit. Make this the last thought you have at the end of each day and you will begin to cultivate an attitude of gratitude that will carry you wherever you want to go.

Make the shift and begin to recognize all the aspects of your personal, professional, and family life that make you the luckiest person alive. And choose to live, not in a place of lack, but in a world of abundance.

QUOTABLE QUOTE: Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow." ~ Melody Beattie