
The Benefits of Gratitude

Free bonus material from *A Travel Guide to Leadership* by Alan Mikolaj, MA
www.alanmikolaj.com

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| <ul style="list-style-type: none">• Enjoy greater satisfaction with life• Transforms outlook on life• Seen by others as more helpful• Have more energy• Experience more positive emotions more often• Increased vitality and optimism• Liked more by others• Seen by others as happier• Feel more optimistic about the near future• Feel more alert, enthusiastic, determined, and attentive• Make more progress towards personal goals, such as academic, interpersonal, and health-based goals• Experience more hope and trust• Have lower levels of stress, depression, anxiety, and envy• Feel less envious of others• Uplifts and edifies• Superior coping and thriving despite adversity – resilience• Lower toxic emotions at work thereby increasing efficiency, productivity, success, and employee loyalty• More religiously and spiritually oriented• Less focused on materialistic pursuits | <ul style="list-style-type: none">• Feel a sense of abundance in your life (rather than deprivation)• Appreciate simple pleasures, like sunsets and seasons, which happen frequently, rather than extravagant pleasures, like vacations and cars, which happen infrequently.• Feel more connected to others and boost social support• Greater sense of connectedness to the world.• Feel a greater sense of the interconnectedness of all life• Feel a greater commitment to and responsibility toward others• Have greater empathy and help others more often• More empathic, forgiving, helpful, and supportive• Be more prosocial• Healthier• Get better sleep duration and quality• Exercise more than others (an average of 1.5 hours more per week!)• Boost cardiovascular and immunological functioning• Increased order and balance in the ANS, resulting in increased hormonal and immune system functioning and more efficient brain function• Increased parasympathetic activity |
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Feel better about your life as a whole!

Gratitude Journal

- 21 consecutive entries (starting tonight)
 - As late in day as possible but before you are too sleepy
 - 3-5 things you are grateful for or that were good that day
 - **Why** you are thankful or think each event happened or is important to you
 - 5-10 minutes
 - Couples can do this together and share together
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If I were to name one thing that has transformed my life, hands down it would be a deep experience of gratitude.

~ Corrie Woods ~

One day I couldn't stand it any longer, so I made myself sit down and count my blessings. When I was finished, I had a list of 100 and a new attitude: Gratitude. Gradually as I started to keep a journal of five new things to be thankful for each day, I noticed that I was experiencing more moments of contentment than distress. Wow!

~ Sarah Ban Breathnach ~

Gratitude

An excerpt from *The Science of Getting Rich* (1910-In the public domain)

By Wallace D. Wattles

The whole process of mental adjustment and attunement can be summed up in one word: Gratitude.

First, you believe that there is one intelligent substance, from which all things proceed. Second, you believe that this substance gives you everything you desire. And third, you relate yourself to it by a feeling of deep and profound gratitude.

Many people who order their lives rightly in all other ways are kept in poverty by their lack of gratitude. Having received one gift from God, they cut the wires which connect them with him by failing to make acknowledgment.

It is easy to understand that the nearer we live to the source of wealth, the more wealth we shall receive, and it is easy also to understand that the soul that is always grateful lives in closer touch with God than the one which never looks to him in thankful acknowledgment. The more gratefully we fix our minds on the supreme when good things come to us, the more good things we will receive, and the more rapidly they will come. And the reason simply is that the mental attitude of gratitude draws the mind into closer touch with the source from which the blessings come.

If it is a new thought to you that gratitude brings your whole mind into closer harmony with the creative energies of the universe, consider it well, and you will see that it is true. The good things you have already have come to you along the line of obedience to certain laws. Gratitude will lead your mind out along the ways by which things come, and it will keep you in close harmony with creative thought and prevent you from falling into competitive thought.

Gratitude alone can keep you looking toward the all, and prevent you from falling into the error of thinking of the supply as limited — and to do that would be fatal to your hopes. There is

a law of gratitude, and it is absolutely necessary that you should observe the law if you are to get the results you seek. The law of gratitude is the natural principle that action and reaction are always equal and in opposite directions.

The grateful outreaching of your mind in thankful praise to the supreme intelligence is a liberation or expenditure of force. It cannot fail to reach that to which it addressed, and the reaction is an instantaneous movement toward you.

“Draw nigh unto God, and he will draw nigh unto you.” That is a statement of psychological truth. And if your gratitude is strong and constant, the reaction in formless substance will be strong and continuous; the movement of the things you want will be always toward you. Notice the grateful attitude that Jesus took, how he always seems to be saying, “I thank thee, Father, that thou hearest me.” You cannot exercise much power without gratitude, for it is gratitude that keeps you connected with power.

The grateful mind is constantly fixed upon the best. Therefore it tends to become the best. It takes the form or character of the best, and will receive the best.

Also, faith is born of gratitude. The grateful mind continually expects good things, and expectation becomes faith. The reaction of gratitude upon one’s own mind produces faith, and every outgoing wave of grateful thanksgiving increases faith. The person who has no feeling of gratitude cannot long retain a living faith, and without a living faith you cannot get rich by the creative method, as we shall see in the following chapters.

It is necessary, then, to cultivate the habit of being grateful for every good thing that comes to you and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.

Gratitude Letter and Visit

- Spend some time reflecting on a person in your life who has been especially kind to you but whom you've never properly thanked.
 - Write a detailed gratitude letter to that person.
 - Explain in concrete terms why you're grateful.
 - Schedule a visit with that person.
 - During your visit, read the letter out loud to them.
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