

1: In Praise of Gratitude - Harvard Health

Express Gratitude at Every Opportunity Even a small act of kindness deserves a ' thanks.' You cannot weigh the nobility of the act against intentions to decide whether or not to show your gratitude.

Check new design of our homepage! Expressing Gratitude with Thank You Notes Expressing gratitude to all those who made a difference in our lives brings positivity in life, and is a sign of humility. Sometimes words fail us while thanking someone. The samples given here will help you pen a thank you to those special people in your life. Penlighten Staff Last Updated: May 31, "There are no words to match my gratitude, However much like Shakespeare I might write. Knowledge is the least of what you taught, yet that least at least prepared my head. A mere thank you is not enough, saying it from the bottom of your heart is important. Positive vibes and heartfelt wishes reach faster than just formal words. We have so many people in our life to express our gratitude towards, but we rarely find the time and occasion to express our sincere thanks. Some people feel shy or awkward to just say thank you. But you can write a thank you note to those who mean a lot to you. They can be your parents, teachers, friends, spouse, or neighbors; in fact, all those who make your life wonderful; all those who bring joy to your life. But in case you cannot be there in person, a thank you note portraying your true feelings, written with the right tone will convey the message. The expression of gratitude will become much easier with this. Dear Mom and Dad, I know, you do not need this thank you, but I am doing it for myself. I never said it before, but you are the best parents one could ever get. You really mean the world to me, in fact I saw this world through your eyes. You gave me the wings to fly and explore this world on my own. Thank you very much for the love, care, and affection you showered me with. And thanks for being the most cherished people in my life. You are the most beautiful thing that has ever happened to me. Thank you very much for bringing eternal sunshine to my life. Your smile makes my day and inspires me to do the best of things in life. Thank you very much for that motivation. Sharing life with someone was never so wonderful. Thank you very much my love. Given below is also one of the creative ways to say thank you to a friend. Thank you for being there for me always. I will always cherish those precious moments spent with you. Thank you very much for everything. Thank you for sharing your knowledge and experience with me. It has helped me immensely in all my endeavors. Thank you for recognizing the spark in me and giving me the opportunity to be what I am today. Yours Sincerely, your name Thank You for a Gift When someone sends you a gift, it is important to send them a thank you note and appreciate their efforts. These notes can be short and simple. You literally read my mind. I have been wanting one, since a long time. Thanks for being so thoughtful! Yours Sincerely, your name Now you do not have to wonder about how to write a thank you note. You can use the samples given above, or customize them to give a personal touch. You just have to mean what you write and write what you mean, and your feelings will reach the concerned person.

2: 49 Gratitude Quotes and A Poem of Thankfulness - Daring to Live Fully

How to Express Gratitude. In this Article: Expressing Gratitude for Your Loved Ones Expressing Gratitude for Strangers Living a More Grateful Life Community Q&A You may feel grateful for your friends, family, health, and circumstances, but it may not always be easy to know how you should express that.

Power of Gratitude Gratitude Journals Purchase a journal or notebook. Pick a time when you will take a few minutes each day to write in this journal things you are grateful for. Think of both your immediate and extended family. Think of your friends, neighbors, and work colleagues. You may even think of the physical things in your life like your home, your health. This activity can be done with your family. Get all family members a notebook. At a regular time, such as dinner or bedtime, have all of them list in their journal five things they are grateful for. Have all family members share their list or at least one thing from their list. Or do the journal activity once a week as a family. Just decide what works best for you. **Five A Day** Set a goal to express your gratitude at least five times a day. The person to whom you express gratitude might be someone you normally pass by. Be creative as you look for opportunities. You may even write down the reactions you get from people as you express gratitude. You could also make this a topic of conversation at dinner or some other time. You might show your gratitude to your wife by taking care of the children while she enjoys an evening with friends. Think about extended family members and friends--perhaps contacting people you think about who may not have heard from you lately? After doing some of these things, challenge your family to do the same. **The Teaching Pattern** The teaching pattern below will show you an effective way to formally teach your children how to express gratitude. You need to decide how to say things in your own words. Describe the skill and explain why it is important. Can you tell me the four steps? Why do you think it is important? Did I look at him, say his name, tell what I am grateful, for and say why? Heather, I want you to express your gratitude to Jason for giving you a ride to school. Heather then sits down and Dad asks another family member to roleplay with Jason. He then asks Jason to express gratitude the correct way. Example and non-example scenarios can be practiced until everyone has learned the skill. This can be a lot of fun! Provide lots of encouragement, praising what they did correctly. Throughout the practice session, if mistakes are made, first point out what went well and then explain what they need to correct. Heather, you got all the steps right. **Benefits of Gratitude Demonstrated by Research** Froh, Sefick and Emmons, discussed the following benefits in their article on adolescent gratitude: People who are happy tend to also be grateful. **Counting Blessings in Early Adolescents:** An experimental study of gratitude and subjective well-being. *Journal of School Psychology*, 46, **The Power of Gratitude Is in How it Makes Us Feel** From time to time it may be helpful to reflect on the events in our lives that make life more enjoyable. Gratitude is about feelings, as shown in the story below: At a cost of considerable effort and inconvenience, some days ago I performed a difficult service for a friendâ€”at his urgent insistence. There was no word of thanksâ€”no evidence of any appreciationâ€”no suggestion that my services had been satisfactoryâ€”just silence. Silenceâ€”that is, until this morning, when a sincere and satisfying note of appreciation came from him. And in the moment or two it took to read it, it warmed my heart and altered my outlook on the whole episode. Writing it had cost him only a very little time, but it had rewarded me richly. Evans, *The Man and His Message* [], p. Expressing gratitude seems so simple, yet its positive effects are immediate and lasting. To effectively express gratitude in our families, we must first develop within ourselves the attitude of being appreciative; this attitude will spread to increase positive feelings in our families, foster love, build relationships, and reduce criticism. Imagine the feelings of the parents of a young man described during one of the Brigham Young University Devotionals. Since he had recently left for [university], I was to sleep in his room Saturday night. As his mother showed me the room, she opened his closet where I saw a handwritten letter taped to the rod in the closet. You are a very special mother and I thank the Lord for the blessing of being your son. I love you and appreciate all you do in my behalf. See you in November. This note is still kind of precious.

3: Expressing Gratitude - www.enganchecubano.com

"Feeling gratitude and not expressing it is like wrapping a present and not giving it." ~William Arthur Ward. It's probably no surprise to you that gratitude is one of the most effective ways to increase your own happiness and the happiness of others.

Face to Face Thank You Phrases for the Workplace Using the right thank you phrases can make all the difference between showing true appreciation and just going through the motions of etiquette. People can see when someone is truly appreciative, not just because the right phrases of thank you are used, but because they can feel the intention. Sometimes the simplest appreciation phrases can convey the strongest feelings of gratitude, only because the feelings are there. Thank you "How can I ever thank you? Just remember the last time your manager appreciated what you did and told you so. It just feels so good to be appreciated. Here are a few examples of how to show appreciation to your employees: Having the numbers handy at the budget meeting really helped me get the money we need for the xyz project. When I presented the proposal to the board, they could all understand exactly what we were proposing. They asked very few questions. Your thoroughness helped get the proposal approved. I know you were tied up with another important project, but somehow you got both assignments done. I really appreciate your efforts and the results. Being on top of things helps me build credibility for our department with others. I really appreciate your efforts in keeping me informed. You are telling the employee, very specifically, how his work and efforts helped you, the department, or the company do better. We all want to know that our work matters, and that we are making a contribution. Here are a few examples of how to show appreciation to your boss: I also like the cash! Thank you phrases to show appreciation to a customer A common mistake that businesses make is to go out of their way to get a new customer and forget to pay the same attention to existing customers. There are many opportunities to thank a customer: Here are a few phrases that may help in expressing appreciation for a customer. Thanks for letting us serve you" "We really enjoy working with you, thanks for being such a great customer" "Thank you for recommending our company to xyz, your word has a lot of weight and made all the difference in giving us an opportunity to serve xyz as well. Your testimonial as a satisfied customer is very important to us, we really appreciate it. And if you feel like saying thank you in French

4: 3 Ways to Express Gratitude or Thanks and Watch Your Business Soar | Foundr

Express your gratitude in person. When a friend, colleague or client goes above and beyond, be sure to verbalize your appreciation. Go to their office or treat them to lunch or a quick cup of coffee.

There are countless benefits associated with being grateful. Among these, gratitude has been linked to increased levels of happiness and life satisfaction. Giving thanks is one of the most powerful ways there is to increase your well-being. Reading gratitude quotes will help remind you of everything that you have to be grateful for, and it will help you appreciate all of the good that there is in your life. In addition, it will help you to shift your focus from the things you lack, to the abundance that is already present in your life. Here, then, are 49 gratitude quotes and a poem of thanksgiving to inspire you to count your blessings and live your life in a constant state of gratitude. Each of us has cause to think with deep gratitude of those who have lighted the flame within us. But I say grace before the concert and the opera, and grace before the play and pantomime, and grace before I open a book, and grace before sketching, painting, swimming, fencing, boxing, walking, playing, dancing and grace before I dip the pen in the ink. And you will have set in motion an ancient spiritual law: One is as though nothing is a miracle. The other is as though everything is a miracle. If you concentrate on finding what is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul. Gratitude spurs us on to prove ourselves worthy of what others have done for us. The spirit of gratitude is a powerful energizer. Life is the same way. In order to attract more of the blessings that life has to offer, you must truly appreciate what you already have. Happiness is the spiritual experience of living every minute with love, grace and gratitude. The breaking of the sun over the horizon is my grateful heart dawning upon a blessed world. Without gratitude you cannot long keep from dissatisfied thought regarding things as they are. Everything originates in a will for the good, which is directed at you. Train yourself never to put off the word or action for the expression of gratitude. The sudden kind we feel for what we take; the larger kind we feel for what we give. The grateful outreaching of your mind in thankful praise to supreme intelligence is a liberation or expenditure of force. It cannot fail to reach that to which it is addressed, and the reaction is an instantaneous movement toward you. Be thankful for the difficult times. During those times you grow. Be thankful for your limitations Because they give you opportunities for improvement. Be thankful for each new challenge Because it will build your strength and character. Be thankful for your mistakes They will teach you valuable lessons. It is easy to be thankful for the good things. A life of rich fulfillment comes to those who are also thankful for the setbacks. Find a way to be thankful for your troubles and they can become your blessings. Author Unknown Conclusion Gratitude shifts your focus from what your life lacks to the abundance that is already present. In addition, behavioral and psychological research has shown that giving thanks makes people happier and more resilient, it strengthens relationships, it improves health, and it reduces stress. Gratitude will change your life for the better.

5: Thank You Phrases and Words to Express Appreciation at Work

Expressing gratitude is a lot more than saying thank you. Emerging research has recently started to draw attention to its multiple benefits. People who are consistently grateful have been found to be relatively happier, more energetic, and more hopeful and to report experiencing more frequent positive emotions.

That desire for more can blind us to what we already have--and should be grateful for. Here are 40 quotes about gratitude that will not only remind you that what you have is pretty awesome, but will also, I hope, spur you to express that gratitude to the people who deserve it most. Buddhist proverb "If you count all your assets, you always show a profit. Kennedy "Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes, of which all men have some. Clark "If you want to turn your life around, try thankfulness. It will change your life mightily. It turns denial into acceptance, chaos into order, confusion into clarity It has enough lush forests, flowered fields, and sandy beaches. It has plenty of stars and the promise of a new sunrise and sunset every day. What the world needs more of is people to appreciate and enjoy it. Each of us has cause to think with deep gratitude of those who have lighted the flame within us. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts. The wise and confident acknowledge this help with gratitude. Milne "Forget yesterday--it has already forgotten you. Instead, open your eyes and your heart to a truly precious gift--today. Maxwell "In ordinary life, we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich. Southard "I truly believe we can either see the connections, celebrate them, and express gratitude for our blessings, or we can see life as a string of coincidences that have no meaning or connection. This is my choice. Sep 12, Like this column?

6: 3 Easy Ways to Express Gratitude (with Pictures) - wikiHow

Expressing words of thanks is not only good manners, but the right thing to do. It validates the actions of the person that helped you. The world is a better place because there is always someone out there helping others.

Together with fellow scientists Ken Sheldon and David Schkade, Sonja Lyubomirsky discovered that the components affecting happiness can be divided up like pieces of a pie: Of these three, the one area that we have the most power to change is the last one: In the book she describes twelve activities “ shown to be successful through science, rather than conjecture “ that can increase our happiness. In every grandmotherly bit of advice lies a kernel of truth. Apply these activities to your own life, and you will harness the promise of the 40 percent solution, for such is the amount of wiggle room you have to remake yourself. Expressing Gratitude By definition, the practice of gratitude involves a focus on the present moment, on appreciating your life as it is today and what has made it so. Share The expression of gratitude is a kind of metastrategy for achieving happiness. Gratitude is many things to many people. Gratitude is an antidote to negative emotions, a neutralizer of envy, avarice, hostility, worry, and irritation. The average person, however, probably associates gratitude with saying thank you for a gift or benefit received. I invite you to consider a much broader definition. By definition, the practice of gratitude involves a focus on the present moment, on appreciating your life as it is today and what has made it so. Expressing gratitude is a lot more than saying thank you. Emerging research has recently started to draw attention to its multiple benefits. People who are consistently grateful have been found to be relatively happier, more energetic, and more hopeful and to report experiencing more frequent positive emotions. They also tend to be more helpful and empathic, more spiritual and religious, more forgiving, and less materialistic than others who are less predisposed to gratefulness. Furthermore, the more a person is inclined to gratitude, the less likely he or she is to be depressed, anxious, lonely, envious, or neurotic. Fortunately, several experimental studies have now been done that solicit expressions of gratitude from unsuspecting individuals and then record the consequences. In the very first such set of studies, one group of participants was asked to write down five things for which they were thankful “ namely, to count their blessings “ and to do so once a week for ten weeks in a row. The findings were exciting. Relative to the control groups, those participants from whom expressions of gratitude were solicited tended to feel more optimistic and more satisfied with their lives. Even their health received a boost; they reported fewer physical symptoms such as headache, acne, coughing, or nausea and more time spent exercising. Other studies have prevailed on both students and adults with chronic illnesses to try the count your blessings strategy, with similar results. These studies have shown that on the days that individuals strive to express their gratitude, they experience more positive emotions that is, feelings like interest, excitement, joy, and pride and are more likely to report helping someone, to feel connected with others, and even to catch more hours of quality sleep. These investigations show for the first time that expressions of gratitude are causally linked to the mental and physical health rewards that we have seen. My laboratory, by contrast, is interested in the question of how people can become happier over time. The gratitude intervention was very similar to the one I just described. We directed our participants to keep a sort of gratitude journal “ that is, to write down and contemplate five things for which they were grateful. Their exact instructions were as follows: Think back over the events of the past week and write down on the lines below up to five things that happened for which you are grateful or thankful. Share The participants engaged in this happiness exercise over the course of six weeks. Half of them were instructed to do it once a week every Sunday night , and half to do it three times a week every Tuesday, Thursday, and Sunday. More important, those participants who counted their blessings on a regular basis became happier as a result. Compared with a control group i. Interestingly, this effect was observed only for those who expressed gratitude every Sunday night. This finding might seem puzzling at first, but we believe there is an explanation: The average person made to express his or her gratitude every Tuesday, Thursday, and Sunday appeared to have become bored with the practice, perhaps finding it a chore, whereas the person made to express gratitude only once a week likely continued to find it fresh and meaningful over time.

7: 50 Ways to Show Gratitude for the People in Your Life

Experiencing and expressing gratitude is an important part of any spiritual practice. It opens the heart and activates positive emotion centers in the brain. Regular practice of gratitude can.

Thanks for your kind words. Thank you for coming here today. I would love one. As we know, teachers are generally helpful, considerate, encouraging, and forthcoming towards their students. The way you say it would depend on what you are saying thank you for. Teachers are some of the most influential and inspiring people that we come across in our lives, yet they tend to be regrettably under-appreciated. Even recommending your teacher to others is a great way to show that you really enjoyed studying with them! Thank you I really appreciate your help. Thank you for sharing your wisdom with me. I cannot thank you enough for helping me. I am very thankful that you are my teacher. How can I ever thank you enough. Teachers like you are not easy to find. I am grateful for the positive learning environment you provided me with. I have learnt so much, thanks to you. Thank you for your guidance and support. Thank you for helping me improve. I want you to know how much I value your support. Your lessons have been very insightful and fun! I have had so much fun learning with you! Your approach to teaching inspires me. Thank you for being patient and helping me improve. Your guidance and support has been amazing! Your lessons were very insightful and interactive, so thank you. Maybe they bought an extravagant wedding present, gave a generous monetary gift, helped with the preparations, or simply turned up to join in the special celebrations! It could even be that you were the wedding guest, and would like to thank them for the invite! Thank you for joining us today. We appreciate you sharing our celebrations with us. Thank you for sharing this special day with us. We really appreciate your presence here. I cannot thank you enough for the wonderful gift. We will remember this day and your contribution forever. You were invaluable today, thank you for all your help. What would we have done without your help? Thank you so much. Rhetorical question Thank you ever so much for your generous gift. Words cannot describe how grateful we are. It was a pleasure to be a part of your special day. Thank you for inviting me to share your special day. What would we have done without you? It means a lot. Thank you ever so much. Thank you for inviting me, and sharing your happiness. It is usually a time of union, togetherness, and goodwill. These expressions can be used for any of these occasions! Thank you for the wonderful Christmas present. Thank you for the Christmas wishes. Sending special thanks to you this Christmas. Thank you for making me feel special this Christmas. Thank you so much for making my Christmas so special. Thanks for the Christmas gifts; I love them! It has been a very special Christmas thanks to you. The children loved your gifts. Thank you for inviting us to your beautiful home for Christmas. Thank you for the wonderful Christmas feast! Thank you for including us in your Christmas festivities. Thank you for hosting Christmas dinner; it was divine. Thank you for a memorable Christmas gathering. You are a very gracious host. Thank you for the warm invite. I really appreciate the gift card, thank you so much! Thank you for such a practical gift. Thank you for the beautiful Christmas card. We all appreciate the lovingly wrapped gifts. Thank you so much! Sending you wishes of joy and happiness in return. Thank you for spreading the Christmas cheer. What a magical Christmas experience! Thank you for making us feel so special. You are a very gracious host and we had a magical time. We had a lovely time. How thoughtful of you! Especially if they have given you something you really needed, such as extended holiday time, professional support or even a promotion! Thank you for extending compassion and flexibility when I needed it. As a supervisor, you are truly inspirational to your staff. Your strong leadership skills along with your support has earned you much deserved respect. Your support and dedication to your team has earned you much deserved admiration. I am thankful to be a part of your team. The workers have seen your dedication, and we would like to express our appreciation. We are grateful for your kindness, loyalty and commitment to all of us. If there ever was a boss who deserves praise and adulation, that person is you! Thank you for providing us with such a great working environment. I want to thank you for the expression of faith in my abilities. I would like to sincerely thank you for this gesture. Allow me to express my sincerest gratitude for this opportunity you have given me. I value the trust you have put into me and will work hard to maintain it. Thank you very much for putting your trust in me and agreeing

to my extended holiday request. I am eternally grateful for your trust, and appreciate you allowing me to have this time off work. Thank you for your support, guidance and encouragement. Thank you for the opportunities you provided, and for having faith in me. I would like to express my heartfelt thanks for giving me this opportunity. I appreciate your faith in my abilities and will certainly do my very best to meet your expectations. I am eternally grateful for the trust you have put in me and will work hard to maintain it. Showing that you appreciate them placing their business with you, providing support, or even partnership, is important. Here is how you can say it well. Most of these can be used for direct contact or email communication. Thank you very much; your support is greatly appreciated. We would like to express our gratitude. I am most grateful for your support.

8: 64 Appreciation Quotes, Sayings, Messages - Words of Wisdom

Expressing gratitude is the beginning of courtesy, generosity, concern, and appreciation for family members and others. A deeply felt and fully expressed gratitude is an effective way to positively influence attitudes and behavior--our own and those of others.

Gratitude makes us more optimistic. Gratitude is strongly correlated with optimism. Optimism in turn makes us happier, improves our health, and has been shown to increase lifespan by as much as a few years. How does gratitude increase optimism? Materialism is strongly correlated with reduced well-being and increased rates of mental disorder. The problem with materialism is that it makes people feel less competent, reduces feelings of relatedness and gratitude, reduces their ability to appreciate and enjoy the good in life, generates negative emotions, and makes them more self-centered. The pursuit of wealth and power has been shown in dozens of studies to be a highly inefficient method of increasing well-being and happiness. To be sure, if your income doubles you will be slightly happier. But how much effort do you think is involved in doubling your income? How many sacrifices are required? Motivational speakers will tell you that the money is worth the sacrifices. Said differently, material success is not a very important factor in the happiness of highly grateful people. How does gratitude reduce materialism? Materialism flows from two sources: Americans are inundated with materialistic role models every day: Gratitude helps by reducing our tendency to compare ourselves to those with a higher social status. Gratitude is an effective strategy for reducing insecurity. Flipped around, those who cultivate an attitude of gratitude are more likely to perceive an environment of benevolence, which in turn causes their brains to assume they are in an environment full of social support, which in turn kills insecurity and materialism. Will gratitude make me lazy? Those who are more materialistic are more likely to relentlessly pursue wealth. You will instead re-focus on other things. You may, for example, spend time with friends, family, and your hobbies. That is "the more spiritual you are, the more likely you are to be grateful. This is for two reasons: All major religions espouse gratitude as a virtue. I believe the opposite to also be true, that gratitude spontaneously gives rise to spiritual attribution, helping one feel closer to God or other religious entities. My solution has been to re-direct my feelings towards Lady Luck. Why does spirituality give rise to grateful behavior? For example, spiritual individuals are more likely to feel a strong spiritual or emotional connection with others, and to believe in inter-connectedness. Gratitude makes us less self-centered. In this regard, gratitude practice can be better than self-esteem therapy. Self-esteem therapy focuses the individual back on themselves: That can work, but it can also make us narcissistic or even back-fire and lower self-esteem. Imagine a world where no one helps you. Despite your asking and pleading, no one helps you. Now imagine a world where many people help you all of the time for no other reason than that they like you. In which world do you think you would have more self-esteem? Gratitude helps to create a world like that. How does gratitude create a more supportive social dynamic? Gratitude does this in two ways: Gratitude has been shown in multiple studies to make people kinder and more friendly, and that because of that, grateful people have more social capital. Gratitude improves your sleep. Said differently, gratitude can help with insomnia. Yes "gratitude is a safe and free sleep aid. In one study of 65 subjects with a chronic pain condition, those who were assigned a daily gratitude journal to be completed at night reported half an hour more sleep than the control group. They reported faster time to sleep, improved sleep quality, increased sleep duration, and less difficulty staying awake during the day. Gratitude keeps you away from the doctor. Positive emotion improves health. The details are complicated, but the overall picture is not "if you want to improve your health, improve your mind. This confidence comes from research studies. Gratitude is a positive emotion. In fact, some recent science shows just that "those who engage in gratitude practices have been shown to feel less pain, go to the doctor less often, have lower blood pressure, and be less likely to develop a mental disorder. The science on how is still unclear. Here are two ideas: Stress in turn has been shown to disrupt healthy body functioning e. Gratitude lets you live longer. Here is what we know: We also know that gratitude is strongly correlated with positive emotion. With positive psychology research on the rise, I believe we can expect this claim to be rigorously tested within the next five to ten years. Gratitude increase your energy

levels. Gratitude and vitality are strongly correlated – the grateful are much more likely to report physical and mental vigor. Show me the data. Study of people found a correlation of .67. Same study found correlations above .50. Do people with more energy tend to experience more gratitude, does gratitude lead to increased energy, or is something else going on? People with high levels of vitality tend to have some of the same traits that highly grateful people do, like high levels of optimism and life satisfaction. Gratitude increases physical and mental well-being, which in turn increases energy levels. Gratitude makes you more likely to exercise. In one week study of 96 Americans, those who were instructed to keep a weekly gratitude journal exercised 40 minutes more per week than the control group. It could be because other gratitude studies testing this effect have been much shorter – in the range of one to three weeks, or it could be because this result was a fluke. Gratitude helps us bounce back. Those that have more gratitude have a more pro-active coping style, are more likely to have and seek out social support in times of need, are less likely to develop PTSD, and are more likely to grow in times of stress. Gratitude makes us feel good. Gratitude feels good, and if the benefits on this page are any indication – gratitude will make you stronger, healthier, and more successful. I once was – not only was I less happy, I was also weaker. It takes strength to admit to the truth of inter-dependency. Gratitude makes our memories happier. There are dozens of ways our memories get changed over time – we remember things as being worse than they actually were, as being longer or shorter, people as being kinder or crueler, as being more or less interesting, and so on. Experiencing gratitude in the present makes us more likely to remember positive memories, and actually transforms some of our neutral or even negative memories into positive ones. Here are two great books on the subject: Gratitude reduces feelings of envy. A small bit of jealousy or envy directed at the right target is motivating. Too much produces feelings of insecurity, materialism, inferiority, distrust, and unhappiness. How does gratitude reduce feelings of envy? The personality trait of envy has a correlation of -.45. In addition, on days when people experience more gratitude, they are also more likely to experience less envy. Gratitude helps us relax. Gratitude and positive emotion in general are among the strongest relaxants known to man. In this case, too hard – I ended up getting out of bed. Gratitude may be just as or even more effective than relaxation methods such as deep breathing, but because it is also more difficult, is unfeasible as an actual relaxation technique. Think of it like tea – one or two cups help you relax – three or four make you want to empty your bladder. But it could just be me. Gratitude makes you friendlier. Multiple studies have shown that gratitude induces pro-social behavior. Keeping a gratitude journal is enough to make you more likely to help others with their problems and makes you more likely to offer them emotional support. There are two main reasons. Gratitude helps us perceive kindness, which we have a natural tendency to want to reciprocate. Without the feeling of gratitude, we may not recognize when someone is helping us the same way anger lets us know when someone is trying to harm us. Gratitude makes us happier and more energetic, both of which are highly linked to pro-social behavior.

9: 5 Easy Ways to Express Gratitude

When you say thank you or express appreciation, your intonation is key to making sure the other person understands your sincere gratitude. Because intonation is used for conversational purposes, the way you show enthusiasm in your statement can affect whether or not the person thinks you mean what you say!

Share From her book, *The How of Happiness: A New Approach to Getting the Life You Want* There are multiple ways to practice the strategy of gratitude and it would be wise to choose what works best for you. If you enjoy writing, if you are good at it, or it feels natural to you, then a promising way to practice this strategy is with a gratitude journal – much like that used by my gratitude intervention participants. Choose a time of day when you have several minutes to step outside your life and to reflect. It may be first thing in the morning, or during lunch, or while commuting, or before bedtime. However, on average means that some individuals – and those may include you – may benefit most from doing this strategy on an entirely different timetable, perhaps even daily or three times a week or twice a month. You need to determine the ideal timing tailored to your lifestyle and disposition. See Chapter 10 in *The How of Happiness* for more about timing. The particular means by which you go about counting your blessings will depend on your individual personality, goals, and needs. Instead of writing, some of you may choose a fixed time simply to contemplate each of your objects of gratitude and perhaps also to reflect on why you are grateful and how your life has been enriched. Others may choose to identify just one thing each day that they usually take for granted and that ordinarily goes unappreciated. Alternatively, some may want to acknowledge one ungrateful thought per day e. Friends and family can also help foster your appreciation. One idea is to procure a gratitude partner with whom you can share your blessings list and who prompts and encourages you if you lose motivation or simply forget. Chapter 10 describes the power and potential of social buddy support in greater detail. Another idea is to introduce a visitor to the things, people, and places that you love. Show off your comic book collection, your favorite park, or your favorite niece. Keep the strategy fresh. Another important recommendation is to keep the gratitude strategy fresh by varying it and not overpracticing it. My research suggests that variety – the spice of life – is extremely important. Again, consult Chapter 10 to find out more. For example, if you count your blessings every single day – in the exact same way, in a nonvarying routine – you may become bored with the routine and may cease to extract much meaning from it. You might instead pause to express gratitude only after particular triggers – for example, after enduring a hardship or when you are most needful of a boost. Or you may choose to write in a journal some weeks, talk to a friend other weeks, and express gratitude through art photography, collage, watercolor during other weeks. On the other hand, you may purposefully want to vary the domains of your life on which to focus – for example, alternately counting your blessings with respect to your supportive relationships or work life or past events or your physical surroundings or even to life itself. These techniques will help make the expression of gratitude a meaningful practice, such that it continues to bolster happiness instead of hitting a plateau. Express gratitude directly to another. Finally, the expression of gratitude may be particularly effective when done directly – by phone, letter, or face-to-face – to another person. Write him or her a letter now and, if possible, visit and read the letter out loud in person, on either a special day birthday, anniversary, or holiday or a random one. Describe in detail what he or she did for you and exactly how it affected your life; mention how you often remember his or her efforts. A person close to me shared this letter that he had sent to his high school English teacher, more than thirty years after being in her class. The main thing I want to tell you is that you were, without question, the most influential teacher I encountered at Deer Park High School, and that I am extremely grateful for the interest you took in me. You seemed to think I had something on the ball, and trust me on this, that was a minority opinion among the school faculty. Your estimation of my abilities, inflated as it may have been, translated into a certain degree of self-confidence that served me well, I think, in the years that followed. Perhaps more importantly, you treated me – a pretty unsophisticated year old – as an adult, and there is nothing on earth more empowering, to a teenager, than that. Share Martin Seligman and his colleagues tested the well-being benefits of expressing gratitude in this way. They investigated a gratitude visit exercise that was completed

over the course of just one week. In the gratitude visit condition, participants were given one week to write and then hand deliver a letter of gratitude to someone who had been especially kind and caring to them but whom they had never properly thanked. In other conditions, participants were offered alternative self-guided happiness exercises. Those participants who did gratitude visits showed the largest boosts in the entire study – that is, straightaway they were much happier and much less depressed – and these boosts were maintained one week after the visit and even one month after. These findings reveal just how powerful it is to express your gratitude directly to an important person in your life. There will be times, however, when you will choose to write the letter but not to send it. Indeed, in a recent study from my laboratory, we found that simply writing a gratitude letter and not sending or otherwise delivering it was enough to produce substantial boosts in happiness. Participants were asked to identify several individuals who had been especially kind to them over the past several years. Those who spent fifteen minutes once a week over eight weeks writing letters of gratitude to these individuals became much happier during and after the study. The happiness boost was especially pronounced if the study participants were particularly motivated to become happier, if the gratitude letter activity fitted their goals and preferences, and if they put extra effort into the writing task. For one of the homework assignments in my psychology of happiness class, I regularly ask my undergraduate students to compose a gratitude letter. Last year, Nicole, one of the best students in the class, described for me the experience of writing a gratitude letter to her mom: I felt overwhelmed with a sense of happiness. I noticed I was typing very quickly, probably because it was very easy for me to express gratitude that was long overdue. As I was typing, I could feel my heart beating faster and faster. Towards the end of the letter, as I reread what I had already written, I began to get teary eyed and even a little bit choked up. I think my expressing my gratitude to my mom overwhelmed me to such a point that tears streamed down my face. Nicole then recalled the effects the letter had on her: Later that week three days after I initially wrote the gratitude letter, I was sitting in front of my computer writing a paper and I was extremely frustrated. Since I was not having much success with my paper, I felt compelled to open up my gratitude letter. I reread it and even made a few changes. Instantly, I noticed that I had a smile on my face. It was almost strange how fast my mood had shifted. Similar to my reactions the day I actually wrote the letter, after reading it, I felt much happier and less stressed for the rest of the evening. Overall, I found that the effects of writing such a letter to be quite amazing in that the letter not only elevated my mood, but the changes were lasting. In sum, there are multiple ways to practice the strategy of gratitude and it would be wise to choose what works best for you. Select at least one option from this section and give it a go. A Postscript I am reluctant to reveal this, but, although I wholeheartedly recognize its many rewards, expressing gratitude turns out to be one of the strategies that suit me least. The important fact is that as much of a platitude as counting blessings is sometimes, it is also incredibly effective, as the scientific evidence shows persuasively. The anecdotal evidence is also hard to disregard; I know many now happy individuals who report that becoming grateful changed their lives. So, this having been said, something that happened during the writing of this chapter took me by surprise. One day, after spending long hours reading through the research on gratitude, I spontaneously wrote an e-mail to all my colleagues publicly thanking our department chair for something he had done. He wrote me back immediately saying how much he appreciated my note. And it only hit me later what had occurred:

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