



## » Being GRATEFUL

The end of the year is a natural time to think about all of the things we are grateful for. Being grateful and expressing that gratitude naturally creates good will and good feelings in others. And showing gratitude also helps the grateful person!

*"I don't have to chase extraordinary moments to find happiness - it's right in front of me if I'm paying attention and practicing gratitude."*  
Brené Brown

Research shows that gratitude is associated with optimism and that grateful people are happier, receive more social support, and are less stressed. Doing a simple exercise such as writing down 3 things each day that you are grateful for has been found to increase happiness by up to 10%.

As we enter this holiday season remember all you are grateful for while keeping in mind your gratitude has a ripple effect not just in your life, but in the lives of those around you.

You may find an article (see resource link) written by Harvard Health Publications on practicing gratitude informative and helpful.

As for me, I'm grateful for my family, friends, colleagues, clients and all of you who find my writings of interest.

RESOURCE LINK: 

