

Building a Gratitude Attitude



Gratitude is defined as an appreciative, healthy regard that is pleasing to the senses. When we daily consider what or who to be grateful for, such contemplation encourages us to maintain a healthier perspective on life than otherwise possible. This supplement is designed to assist students in quickly determining factors worthy of gratefulness. Having a list of specific points to consider, provides many more immediate choices than the mind alone can access so quickly.

Gratitude can assist in calming frustrations and other stresses, as well as reduce negative thinking. Searching for the wholesome substance in life stimulates hopefulness, realigns emotional equilibrium, and improves one's overall mood. Building a gratitude attitude can stimulate appreciative comments to others about their health, safety, and companionship. It can also increase one's efforts to improve the world, preserve the planet, and more respectfully use its resources. When we don't consider what is worthy of gratitude, we may take much meaningful substance of life for granted, and even become narrow-minded and indifferent about what is most important.

Albert Einstein advised us about the importance of gratitude by explaining, *"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."* When we can think about the miracles of life, we certainly have reason for gratitude. Below are possible gratitude considerations that can be helpful, especially if you are having problems finding something worthy of gratitude. All suggestion listed may not fit everyone's current circumstances, but it may only take a few gratitude points to improve an attitude. Please also realize that this is not a thorough list, so be sure to look for additional gratitude lists on goggle images.

PHYSICAL HEALTH

- ♥ Activities/exercise
- ♥ Eating healthy foods
- ♥ Making healthy foods taste better
- ♥ Improving overall health
- ♥ Keeping safe
- ♥ Resting/relaxing
- ♥ Having all body parts
- ♥ Controlling weight
- ♥ Body functioning well
- ♥ Heart health
- ♥ Hearing/eyesight
- ♥ Health insurance
- ♥ Sleeping well

PROFESSIONAL WELL-BEING

- ♥ Employment/benefits
- ♥ Job security
- ♥ Supporting self/family
- ♥ Relief/breaks
- ♥ Improvements/advancements
- ♥ Accomplishments
- ♥ Technological tools
- ♥ Safety at work
- ♥ Healthy work environment
- ♥ Enduring job difficulties
- ♥ Solving complex problems
- ♥ Accepting/extending deadlines
- ♥ Comradery

HABITAT AND ENVIRONMENT

- ♥ Good weather
- ♥ Pets/tame animals
- ♥ Transportation/roads/rails/airlines
- ♥ Freedoms/rules/laws
- ♥ Beautiful creatures/plants
- ♥ Nature/seasonal aromas
- ♥ Worthwhile charities
- ♥ Recycling/not wasting resources
- ♥ Professional/community services
- ♥ Professional/community products
- ♥ Utilities/technologies
- ♥ Security locally/nationally
- ♥ Home comforts/quiet surroundings

RELATIONSHIPS

- ♥ Family/friends/neighbors
- ♥ New/old acquaintances
- ♥ Connecting with others
- ♥ Diplomacy from/to others
- ♥ Compliments from/to others
- ♥ Encouragement from/to others
- ♥ Inspiration from/to others
- ♥ Health/well-being of others
- ♥ Safety of others
- ♥ Fairness/cooperation
- ♥ Meaningful time with others
- ♥ Interest in/from others
- ♥ Patience of/from others
- ♥ Companionship of others
- ♥ Help/generosity from/to others
- ♥ Alliances with others
- ♥ Not blamed erroneously by others
- ♥ EQ goals others are pursuing
- ♥ Managing anger
- ♥ Meaningful time with others
- ♥ Lessons/suggestions from others
- ♥ Highlights/memories of others
- ♥ Social/conversation skills
- ♥ Photos/videos providing memories
- ♥ Psychologists relationship knowledge
- ♥ Activities/special events with others
- ♥ Technological ways of connecting
- ♥ Transportation to visit those afar

EMOTIONAL HEALTH

- ♥ Spice in life
- ♥ Fun/adventures
- ♥ Hopefulness
- ♥ Healthy attitude
- ♥ Healthy needs fulfilled
- ♥ Working memory
- ♥ Level of attention/focus
- ♥ Preventative precautions
- ♥ Motivational mantras
- ♥ Comforts/conveniences
- ♥ Enthusiasm
- ♥ What look forward to
- ♥ Special interests/hobbies
- ♥ Funds available
- ♥ No severe mishaps
- ♥ Problems subsided/resolved
- ♥ Level of intelligence
- ♥ Maintenance done
- ♥ Organizational skills
- ♥ Good news
- ♥ Good judgement/reasoning
- ♥ Peacefulness/calm
- ♥ What understand/learn
- ♥ Special experiences
- ♥ Reducing dysfunctions
- ♥ Talents/skills
- ♥ Trouble able to avoid
- ♥ Helpful programs discover
- ♥ Quality/security/credibility
- ♥ Avoid procrastination
- ♥ When react well
- ♥ Efforts when difficult issues
- ♥ When listen to intuition
- ♥ Efforts to improve EQ
- ♥ Recognize unhealthy behavior
- ♥ Remain calm under pressure
- ♥ Breakthroughs/finding better ways
- ♥ Overcoming adversities
- ♥ Accepting responsibilities
- ♥ Solving complex/difficult problems
- ♥ Accomplishing meaningful tasks
- ♥ Learning to use helpful tools
- ♥ Recognizing value to do/not do
- ♥ Understanding seriousness
- ♥ Avoiding unhealthy situations
- ♥ Finishing difficult tasks
- ♥ Taking care of important incidentals
- ♥ Surviving a difficult ordeal
- ♥ Choosing wisely/sensibly
- ♥ Personal accomplishments
- ♥ Freedom from further difficulties
- ♥ Understanding how to prioritize
- ♥ Thinking/acting maturely
- ♥ Music/TV/movies/fun activities
- ♥ Accepting/improving coping skills
- ♥ When things go smoothly