

Meeting the Day - MORNING RITUAL Connecting to cell, self and Soul

- Gratitude
- Meditate ~ Breathe
- Setting Intention
- Connecting to Bodymind Spirit
- Logging On
- I AM Meeting the day in Gratitude and Appreciation
- Creating Sanctuary

GRATITUDE

**WEEKLY GRATITUDE JOURNALS MORE OPTIMISTIC,
DAILY GRATITUDE - MORE ALERT, ENTHUSIASTIC, ATTENTIVE, HELPFUL,
MORE POSITIVE**

What Is Gratitude? AWAKENING GRATITUDE - WHY?

"Gratitude is a life orientation towards noticing and appreciating the positive in the world.

Dr. Alex Wood, a postgraduate researcher in the Dept of Psychology, University of Warwick

University of California Davis psychology professor Robert Emmons indicates that "**Grateful people take better care of themselves and engage in more protective health behaviors like regular exercise, a healthy diet, (and) regular physical examinations.**

Gratitude has been defined as a warmly or deeply appreciative attitude for kindnesses or benefits received.

Grateful individuals report higher levels of life satisfaction and optimism and greater energy. **expression of gratitude can also improve one's physical health and functioning.** Researchers are finding that behaviors such as gratitude, for example, may be reliably connected to **positive changes in an individual's cardiovascular and immune functioning.**[5]reducing stress and consequent related healthcare costs, may help one adapt to life's challenges. Expressions of positive emotions such as gratefulness in early life autobiographies seemed to relate to longevity of life 60 years later.

Do You Measure Up?

(Answer on a scale of 0 to 10, 10 being the highest):

1. How intensely do I show my gratitude?
2. How frequently do I express gratitude?
3. For how many circumstances in my life do I feel grateful?
4. Toward how many people do I feel grateful for a specific positive circumstance in my life?

Strategies for Nurturing Gratefulness

3 proven tools to help enhance gratitude

1. **Every day : *Reflect on Three Good Things***
2. **Want What You Have - *appreciate more of what you already have***
3. **Communicate Gratitude**