

Real Ultimate Power: Gratitude

With Turkey Day fast approaching, the holiday season is heating up. It's that cozy time of the year when we get together with friends and family to celebrate, consume carbohydrates with reckless abandon, and avoid bringing up politics at the dinner table. Although many of us may not have considered it, we enjoy doing this each year because there is real ultimate power in giving thanks.



Four Ways to Cultivate Gratitude on a Regular Basis

- 1. Write a thank you note.** You can make yourself happier and nurture your relationship with another person by writing a thank you letter or email expressing your enjoyment and appreciation of that person's impact on your life.
- 2. Thank someone mentally.** No time to write? It may help just to think about someone who has done something nice for you and mentally thank the individual.
- 3. Keep a gratitude journal.** Make it a habit to write down or share thoughts about the gifts you've received each day with a loved one.
- 4. Count your blessings.** Pick a time every week to sit down and write about your blessings — reflecting on what went right or what you are grateful for. Sometimes it helps to pick a number — such as three to five things — that you will identify each week.

Gratitude — the quality of being thankful; readiness to show appreciation for and to return kindness.

If there is at least one universal truth, it's that humans across the entire planet have an almost uncanny need to express gratitude. Although we all do this a little differently, the behavior is prevalent in every culture on Earth. Because it's something we're all into, scientists and researchers have studied gratitude to investigate how it affects us. To no one's surprise, there are profound psychological and physiological benefits to giving thanks.

THANK
YOU