



# Gratitude and Resiliency



The Thanksgiving holiday season is an enjoyable time of year with expectations of traditional foods, football games, and enjoyable festivities. Gratitude is the spiritual value at the heart of the holiday. Thanksgiving Day offers an opportunity to start, here and now, to bring the power of gratitude into your life.

Taking the time to practice gratitude daily each morning strengthens your resiliency. One of the easiest approaches is Bob Proctor's, Daily Gratitude List. This exercise uses the following steps and should take no longer than 15 minutes:

**Step One:** Identify in writing up to 10 things, people, or circumstances you are grateful for, i.e. lovable family, good friends, a pet, an education, freedom of speech, access to technology, a home, a job, a promotion, and others. You can even list things you are grateful for in advance before they have shown up in your life. You can also go deeper by considering the good in unpleasant situations which will influence your thoughts and increase your mental strength.

**Step Two:** Be quiet for 5 minutes and seek guidance for the day ahead. Close your eyes or keep them open and ask for guidance from Spirit, God, Infinite Intelligence, or The Universe. By focusing your awareness on the present moment while calmly acknowledging and accepting your feelings and thoughts, you will be open to receive the guidance you are seeking.

**Step Three:** Send love or positive thoughts to three people who are bothering you. This can be the hardest part to accomplish but also the most powerful. If no one is bothering you, then just send love to yourself. This step is unique and may seem counter intuitive. It's a tactic that can help reduce unwanted emotional responses and increase positive emotions. If you replace an unwanted emotion with the opposite emotion, you can shift yourself in a more positive emotional direction.

In addition to building resilience, gratitude practices can improve your self-esteem, promote restful sleep, reduce stress, help strengthen your relationships, further progress towards your goals, and increase your overall happiness.

Expressing gratitude shifts your energy instantly. It puts you in harmony with your strengths and abilities so the good in everything moves toward you. Practice gratitude and attract more good things into your life.

