



1. The Science of Appreciation and Gratitude

In Martin Seligman's (2005) research, practising gratitude and appreciation has shown to increase happiness and decrease depressive symptoms for up to 6 months. It's not that happiness wears off, but simply participants weren't practising consistently, which is key.

Robert A. Emmons and Michael McCullough PhD carried out research and found that people who simply wrote down 5 things they were grateful for from the week before showed a 25% difference in their levels of happiness compared to those who wrote 5 negative things from the week. In addition to feeling happy they also exercised more and felt healthier. Their studies also showed that gratitude can be learned and increased.

Emmons and McCullough (2003) asked participants to keep a journal for a period of 10 weeks where they were asked to write about their physical health and overall life experiences.

Participants were divided into 3 groups:

Group 1: wrote 5 things they were grateful for every week (*the gratitude condition*)

Group 2: wrote down weekly annoyances or 'hassles' (*hassle condition*)

Group 3: listed 5 events that merely affect them (*events condition*). The participants in this group were not told to focus on the positive or negative aspects of the circumstances.

Results = Those in the gratitude condition reported fewer health complaints than participants in this group experiences few symptoms of physical illness in either group 2 and 3. Those in the gratitude condition also spent '*significantly more time exercising (1.5 hours)*' than those in the hassle group.



Well, what does the research mean?

- ✧ Writing what you are grateful for is important because it helps you focus on the events – hence getting yourself a gratitude journal is key.
- ✧ Simply get yourself a notebook (doesn't even have to be expensive or pretty!)
- ✧ When writing your gratitude and appreciation reflecting on your role is essential because it contributes to your well-being. That is, noticing your role in a situation is just as effective being an active participant. Always add the **reason you are grateful for = because:**

I am grateful for today because although it was cold I appreciated the blue skies and dry conditions for my run.

- ✧ Research also suggests (Boniwell 2012) to **sticking to your gratitude practice for at least a week**. Carry it out every day increases the likelihood of wanting to continue doing it. It soon becomes part of your 'normal' routine. For example, I have a morning gratitude where I write 5 things I'm grateful for in the morning, and then my evening gratitude where I look back on my day and write 5 things I'm grateful for during the day.
- ✧ **Count your blessings every single day** – yep, every single day! – this simply means just noticing and appreciating all the good things in your life. It shouldn't be a chore, though, it should be something that, like journal writing, becomes a habit that you automatically do – as I do.
- ✧ Simply saying those two words '**thank-you**' for every small thing, the leaves, the blue sky, the water you drink, the running clean water you have is the key to more receiving more in your life.



2. The Teachings of Appreciation and Gratitude

"Learn to receive with thanks. Learn to accept because the Universe perceives our openness to receive as not just exchanging prosperity."

- Louise Hay

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- ✧ Gratitude is about giving but not expecting to receive anything in return. It's by giving or helping another person in the knowing that you're doing it because you genuinely feel you want to, and not because you feel obliged to or expect something in return.
- ✧ In the same light as Louise Hay, my mentor Jack Canfield in his fabulous book 'The Success Principles' (2015) states that when we are in a state of appreciation and gratitude we'll be attracting more stuff to be grateful for. Simply when we're in a state of appreciation as often as possible we're in one of the highest vibrational (emotional) states possible.
- ✧ Anthony Robbins talks about appreciation and gratitude as being the two of the highest spiritual emotions and we actively express, through thought and action, appreciation and love for the gifts we have in our lives.
- ✧ There's a wonderful book by Rhonda Byrne from The Secret fame called 'The Magic' which I absolutely love and use often when I consciously want to practise more gratitude in my life. The book is dedicated to 28 days of practising gratitude. I have done these practises over and over again and seriously have seen a difference in my life. She wonderfully states that in order to live in gratitude, *'Thank-you' must become the two words we say and feel more than any other words'* and states:

"Thank-you is the bridge from where you are now to the life of your dreams."

- Rhonda Byrne



3. The Practice of Appreciation & Gratitude

1. Deliberately think and say the magic words '**Thank-You**' because the more you deliberately you say 'Thank-You' the more gratitude you feel the more you'll attract abundance.
2. It 's about the feeling because gratitude is an emotion so you need to feel it as much as you can – don't just let the words 'thank-you' roll off your tongue, as you say them feel them in your heart, say the words with real feeling because the more sincere your feelings of gratitude are the more you will see changes occur in your life.
3. Simply the more you practise gratitude the more positive changes you'll see in your life...

How to get your Attitude of Gratitude

- ✧ Start a routine where you **write 5 things** you are grateful for in the morning and in the evening.
- ✧ Get yourself a **gratitude Stone** and at the end of the day before you go to sleep, hold it in your hand a go through all the things that happened during your day. Choose the best thing that happened and say 'thank-you'!
- ✧ **Appreciate and Acknowledge 3 people a day** – text or pick up the phone and call them and say how much you appreciate them. It'll make their day as much as it'll make yours!
- ✧ **Gratitude Tour** – take a tour of your home, and notice everything around you and simply say 'thank-you'



Getting my Attitude of Gratitude

Date:

My Morning Gratitude List

I am grateful for my comfy bed because I had a wonderful night's rest and I feel refreshed.

My Evening Gratitude List

I am thankful for the people I met today because they gave me some good ideas to progress forward.





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