

Of all the attitudes we can acquire, surely the attitude of gratitude is the most important and by far the most life-changing.

Zig Ziglar

Having an attitude of being grateful is a key component to full life. Being grateful brings us feelings of happiness, caring and connection. Do you spend enough time thinking about and expressing thanks for what you are grateful for? After all, you have so many wonderful things in your life. Things like: your health, a place to live, food, clean water, and people who care about you.

Sometimes when things don't go our way (even the little things like other drivers on the road) we let our complaining-self get in the way of our gratitude. We focus on what isn't right or is inconveniencing us.

This week, make your own list of what you are grateful for. I bet you can come up with over 1,000 things.

Put your hand on your heart and say:

I choose to spend time to focus on what I'm grateful for.