

The Power of Gratitude

Transform your perspective this Thanksgiving and beyond

The Gratitude Framework

- 1 Notice What You Have**
Awareness precedes appreciation. Take inventory of what's present in your life - relationships, opportunities, lessons learned.
- 2 Acknowledge the Source**
Recognize where blessings come from - whether through effort, relationships, timing, or grace. Understand the story behind the gift.
- 3 Feel It Deeply**
Don't just think gratitude, experience it. Allow appreciation to move from your head to your heart and body.
- 4 Express It Generously**
Share your gratitude. Tell people what they mean to you. Make appreciation visible and intentional.
- 5 Live It Forward**
Let gratitude shape your choices. Act from a place of appreciation and pay blessings forward.

✓ The Gratitude Effect

Gratitude rewires your brain toward resilience. It shifts focus from what's missing to what's present, creating psychological strength.

➔ More Than Positivity

True gratitude includes hard things... failures that taught you, struggles that built character, and people who challenged your growth.

★ The Relationships Factor

Expressed gratitude deepens connection. When people know they're valued, relationships transform from transactional to transformational.

"Gratitude turns what we have into enough."

★ Balance and Realism

Gratitude isn't toxic positivity. You can be grateful AND acknowledge pain, struggle, and areas needing improvement simultaneously.

Bottom Line

Gratitude is a discipline that builds appreciation into a lifestyle. Intentional gratitude (noticed, felt, expressed, and lived) transforms how you experience life and relate to others.

Your Action Steps

- ➔ Name three specific things you're grateful for
- ➔ Express gratitude to one person this week
- ➔ Find gratitude in a recent difficulty
- ➔ Make gratitude part of daily practice
- ➔ Notice the shift in your perspective

