

Why an Attitude of Gratitude Is Essential

Gratitude has never been more important. Do you want to know why an attitude of gratitude is essential and how you can develop it? [Click here for more!](#)

There is one way to make sure that you wake up every single day feeling calm, joyful and blissed-out, and that is to adopt an attitude of gratitude.

When you make it a conscious habit to express appreciation for your life, the Universe listens and responds with more love. Let me be clear... this doesn't mean that you're a bad person if you aren't able to see the good on a bad day.

Life is far from perfect. Sometimes things happen that cause us to react negatively. Having a pity party is okay now and then. However, it does nothing good for your mental and emotional well-being.

An attitude of gratitude forces you to get outside of your problems and look at the bigger picture. In turn, you are better able to bounce forward when challenges occur in life.

What Is an Attitude of Gratitude?

An attitude of gratitude means that you operate from a place of abundance instead of a place of scarcity and fear. Each of us always has a choice of what we will focus on.

Grateful people give thanks for everything in their life, even on the days when it feels like nothing is going right.

To turn an attitude of gratitude into a sustainable habit, your foundation for feelings of gratitude must be independent of your circumstances.^[1]

Hence, even on the days when it feels like nothing is going right, you have to find the silver lining and give thanks for what is working.

As Melody Beattie says,

'Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, and confusion to clarity.'

Why Is Gratitude Important?

We all know how important it is to have a positive attitude. We're taught to look at the world as a half-full glass, rather than a half-empty one. There's good reason to adopt this mindset.

Studies show that if you express gratitude, it raises your happiness by 25%.^[2] When you take a moment to give thanks for what you have, instead of ruminating on what you don't have, it fills you up.

If gratitude is so good for your mental and emotional health, then why do so many people struggle to practice it? As humans, we are hardwired to dwell or fixate on the bad.

Psychologists have found that negative events have a greater impact on our brains than positive ones, referred to as the negative bias.^[3]

As a result, a lot of people tend to move farther away from gratitude, which is an essential precursor to happiness. As Lewis Howes says,

'If you concentrate on what you have, you'll always have more. If you concentrate on what you don't have, you'll never have enough.'

4 Simple Ways to Develop an Attitude of Gratitude

Let's look at 4 simple ways that you can develop an attitude of gratitude.

1. Keep a Gratitude Journal

If someone were to ask you right now what you're grateful for, would you be able to answer, without overthinking?

We often experience things that we should be grateful for, only to forget about them the next day. This is why writing down what you are grateful for is a good idea. By doing so you are rewriting your brain to focus on the good.

Gratitude journaling is the habit of recording and reflecting on things (typically three) that you are grateful for regularly.^[4]

When it comes to practicing gratitude, consistency is key. Get into a routine of writing in your journal daily, preferably in the morning. This is a great way to start your day with a grateful heart.

Here's How a Gratitude Journal Can Drastically Change Your Life

2. Express Your Gratitude

Once you have developed an attitude of gratitude, you are free to share that love with others. How often do you take the time to tell people in your life how much they mean to you?

Research shows that on the days that individuals strive to express their gratitude, they experience more positive emotions and are more likely to report helping someone and to feel connected with others.^[5]

Think about the people in your life who have made a positive impact on you. Reach out and tell them how much you appreciate them. There are plenty of ways to express your gratitude.

Start writing thank-you notes to anyone who has helped you along your journey, give out meaningful compliments, and celebrate the joys of others as if they are yours, too. Now, more than ever before, we need to uplift and inspire one another.

3. Celebrate the Small Things

We are conditioned to focus on and celebrate our big achievements, instead of our small wins. However, if you fail to ignore the small things and keep rushing from one thing to the next, you will quickly become demotivated.

Who you become isn't determined by the end goal. Rather, it's determined by the person who you become along your journey to success.

When you celebrate the small things, what you're doing is celebrating your habits.^[6]

Take time to pause, slow down and savor the small things. Instead of obsessing about the future or dwelling on the past, be more aware of the present moment. It's all you've got. Relish in it.

4. Meditate on Gratitude

Meditation is a powerful practice in self-awareness. The goal isn't to silence your thoughts. Rather, it's to become an active observer of them. The process of meditation is all about allowing the mind to do its thing and accept it as it is.

I've always struggled with meditation. Sitting in silence for long periods of time isn't my cup of tea. However, once I started combining meditation with gratitude, the game changed.

I began the process of transforming my inner and outer world. Today, meditation has now become a non-negotiable ritual in my life.

Through meditation, we can build up areas of our brain and rewire it to enhance positive traits like focus and decision making and diminish the less positive ones like fear and stress.^[7]

When you master the mind, you master your emotions. All of a sudden, everything in your life flows with more ease. You become less reactive and are better able to handle life's challenges with grace.

The beauty of a gratitude meditation is that you can practice it anywhere. Take a few minutes out of your busy schedule each day to reflect upon the things and people whom you are grateful for.

If you've never tried meditation before, this guide is for you: [How Do You Meditate? 8 Meditation Techniques for Complete Beginners](#)

Watch your mood change instantly. It's powerful.

Final Thoughts

It's never too late to start cultivating an attitude of gratitude.

What are you grateful for? Give thanks for whatever that is every single day. Life is beautiful. Take the time to stop and appreciate it. Gratitude has the power to transform your entire life.

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