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Let's be
friends?! ☺

Gratitude
is the key
to your
growth and
fulfillment

You're My
friend!
☺

If you count your blessings and are grateful for what happens to you, you will experience more blessings to be grateful for. This is a simple principle, yet it has the power to change your life.

There are universal principles that govern all things including our lives. If you were to give someone a gift and they just looked at it and then tossed it aside without thanks, would you be inclined to give them another? Of course not. Well, the universe responds just like you do. The universe bestows its gifts where they are most appreciated. If you're not grateful for what you've been given, why would the universe want to give you more?

Many people confuse gratitude with elation. They think that when they're elated about some event and go: "Oh, I'm so thankful for that!" that they are being grateful. But true gratitude actually has little to do with those temporary moments of happiness or elation.

Here are 5 Tips on how to show Gratitude

- 1 Say 'Thank you'.** There is no limit to how many times you can thank a person, including yourself and while it may only be two simple words, their meaning is universal and their effects can be profound.
- 2 Write thank you notes.** Sometimes our best thoughts and ideas are those we do not try to edit, so let the message you write come to you in the moment. There is no need for the words to make sense to anyone else but the person it is intended for.
- 3 Treat yourself.** The greatest relationship we will ever have is with ourselves and it is wise to take the time to show ourselves that we are grateful for who we are.
- 4 Smile.** A smile can be contagious if it comes from the heart and often tells a person so much more than what words can say. Giving the gift of a smile can be a great way to show you are grateful.
- 5 Give a gift that counts.** The power of a gift is ultimately the thought that goes into it. Take the time to really look at who the gift is intended for and what they value most in life. Everyone wants to be loved and appreciated for who they are. If you give a gift that really speaks to their values – it's likely to be remembered forever. ★

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