

# THE POWER OF GRATITUDE

## WHY IT MATTERS

Physician and philosopher Albert Schweitzer said, "At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lit the flames within us."

While it can be hard to evolve gratitude when grieving someone we love, gratitude is an intentional mindset and powerful healing modality. Daily gratitude by consciously counting our blessings—a thankful appreciation for what we have—gets easier with practice. The more grateful we are, the more gratitude we have.

Begin by creating a Gratitude Jar and once daily write down either a collateral blessing—unexpected silver linings resulting from life challenges—or a blessing that you're grateful for and deposit it in the jar. In six months, revisit what you wrote and start a new gratitude jar. Continue the practice until instinctive gratitude returns to your heart.



## CREATE A GRATITUDE JAR

- Once a day think about what you're grateful for.
- Have an open mind.
- Allow yourself to feel gratitude.
- Note your gratitude on a slip of paper.
- Add it to your jar.
- Share it with someone else, if desired.

## ANSWER THE FOLLOWING QUESTION

**What are you thankful for today?**

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