

**Diane Edwards CMH**

 **The Importance of Gratitude**

Gratitude is an emotion that comes from appreciation. It’s an awareness, a thankfulness of the good things in your life, and in the world around you.

Gratitude is a powerful thing. It can turn any negative into a positive. It can change how you feel inside. It can bring hope and happiness. It can improve your health, your relationships, your career and so much more. It can literally transform your life.

So often in today’s society, the negative is sensationalized and the positive is ignored. You see it in the news, in magazines and newspapers. You hear it in the grocery store, at work and even from family and friends. All of this negativity can be overwhelming to the point of wearing a person down.

If you’re feeding into the negativity, or if you’re focusing on the negative rather than the positive, you could be doing serious damage. You are harming your emotional wellbeing as well as your physical body. You could be straining your relationships, hurting your career, sabotaging your life and much more.

When you express gratitude, it diminishes the negativity in a powerful way. Studies show that practicing gratitude leads to:

* A feeling of optimism, joy and satisfaction.
* Less stress, anxiety and depression.
* A strengthened immune system.
* Lower blood pressure.
* The ability to bounce back quicker after a traumatic event.
* Stronger relationships.
* A feeling of being connected to your community.
* Feeling less victimized by others or by life.
* Being able to recognize and appreciate what you have rather than what you don’t.
* You becoming more compassionate and empathetic.
* A better quality and more rewarding life.

**Practicing gratitude changes your perspective on life.**

**Practicing Gratitude**

In order to change your perspective, you need to make practicing gratitude a habit. One of the easiest, and most effective ways to do this is to keep a journal of the things you are grateful for.

Whether you choose to journal in the morning, or at night, or both is up to you. Pick a quiet time and spend a few minutes thinking about, documenting and appreciating the positive things in your life.

Writing in your journal every day will ensure you stay focused on the positive so the negative can be washed away. Do it for a month, two months, six months or more. The longer you do it, the more ingrained it will become in your mind and the more your thoughts will shift.

At first, recognizing the positive aspects may feel awkward, but the more you look for it, the more you will find. There is beauty all around you. There is beauty within you. A smile, a sunset, a friend, a personal goal being met. These are all things you can be grateful for. Even if you only find one thing to be grateful for each day, that’s okay. It’s a start. As you journal, try to work up to three, five or even ten things a day when possible.

The following pages can be printed as your first gratitude journal. It contains different affirmations and thoughts to get you started along with some quotes to keep you motivated. There is no right or wrong way to practice gratitude. The practice itself is where the power resides.

***Always Embrace an Attitude of Gratitude!***

**Think about a recent hardship. What positive aspect or**

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 **“Gratitude is the memory of the heart.” ~ Jean Baptiste Massieu**



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 **“Some people grumble that roses have thorns. I am grateful**

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My name is Diane Edwards I’d like to thank you for accepting this gift, investing in your health and happiness.

If you ever need any help in moving forward, eliminating some fears, phobias or negative behaviors, please don’t hesitate to contact me.

Hypnosis is one of the most powerful tools for change known in the world today.

I’d love to hear your thoughts about this Journal!
I look forward to hearing from you,

To your Success,

**Diane**

Diane Edwards C.M.H.Certified Master Hypnotherapist

3636 Camino Del Rio No., Suite 170, San Diego CA 92108

**619-246-9661**

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