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GRATITUDE

INTRODUCTION

Gratitude is one of the many positive emotions. It is about focusing on what's good in our lives and being thankful for the things we have. Gratitude is pausing to notice and appreciate the things that we often take for granted, like having a place to live, food, clean water, friends, family, even computer access.

Gratitude is associated with several mental and physical health benefits. When you experience gratitude, you feel grateful for something or

someone in your life and respond with feelings of kindness, warmth, and other forms of generosity.

Chapter one

Gratitude is a way for people to appreciate what they have instead of always reaching for something new in the hopes it will make them happier or thinking they can't feel satisfied until every physical and material need is met.

Gratitude helps people refocus on what they have instead of what they lack.

Examples of Gratitude:

- 1) Being thankful to the person who cooked for you.
- 2) Being thankful for your good health.

3)Appreciating the person who cleans your house.

4)Acknowledging your junior at work for taking the initiative to ease your workload.

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

Having an attitude of gratitude is important.

Gratitude shifts our mind-set. Shifting focus from ourselves to appreciating someone or something gives us the opportunity to express thankfulness for every part of our life. We must make the conscious habit of expressing appreciation on a regular basis for big and small things alike. We must be grateful for our relationships,

Health, business, material items, food in our cupboards, running water in our homes, and our overall sense of well-being.

Gratitude turns what we have into enough, and more it turns denial into acceptance, chaos into order, confusion into clarity. It makes sense of our past, brings peace for today and creates vision for tomorrow.

Being grateful improves our self-confidence, our self-esteem, and enhances our enjoyment of the present moment. We must be grateful for every aspect of our life, including the parts that are going well and those that are not. Expand the positives, rather than dwelling on the negatives. Feeling

grateful on a daily basis improves our positivity
which can rub off on others we encounter.

SIGNS OF GRATITUDE

- Spending a few moments thinking about the things in your life that you are grateful for
- Stopping to observe and acknowledge the beauty of wonder of something you encounter in your daily life
- Being thankful for your health
- Thanking someone for the positive influence they have in your life

- Doing something kind for another person to show that you are grateful.
- Paying attention to the small things in your life that bring you joy and peace.
- Meditation or prayer focused on giving thanks

Gratitude is a beautiful way of enriching our lives. It refers to the feeling and attitude of appreciation and thankfulness for the good which we receive in life. It has proven scientifically that when we express our gratefulness to other people, we feel happier and calmer. Thus it allows goodness to enter our lives. For instance, when a stranger holds the door for you or greets you, it makes you feel happy.

Thus, gratitude in our personal and as well as social life can have a lot of advantages and it also helps to strengthen our relationships with others. When you have a thankful feeling, it will strengthen the bond with the other party and enhance the trust factor and also a feeling of respect and love.

Moreover, gratitude also makes us happy. When we express gratitude or receive it, we feel happy either way. As a result, people who have gratitude do not stress out a lot. Similarly, being full of gratitude makes society sensible.

In other words, people become considerate and never leave a chance to say thank you to others. Thus, it helps society to progress in the right

direction with the right tools needed for the development of it.

Most importantly, gratitude reduces comparisons and promotes acknowledgement. When we become thankful, we do not compare ourselves to others. Thus, it helps us to acknowledge our own achievements and blessings and remain content.

HOW TO PRACTICE GRATITUDE

There are a lot of ways through which we can practice gratitude. Some of the most effective ones include making a note of every good thing which happens to us every day. Moreover, also note the people behind it.

This will help you to return the favour at an appropriate time. Never forget to return this favour as they deserve it too. Moreover, always make sure to appreciate everything in life ranging from nature to animals.

We are lucky to have animals, green plants, fresh air and much more. Thus never stop acknowledging the importance of these essential things. Always remember to say thank you to different community helpers.

It can be anyone, whether your gardener or sweeper or house help or even the police officers. Make sure you thank them for their service whenever it is possible for you to do so. Remember

that to wake up every day is no less than a blessing itself.

So, make sure to be grateful for a new day and thank the almighty for making you wiser and stronger with each passing day. Most importantly, try to avoid complaining about things when they don't go your way. You don't know about the blessing behind it.

Chapter two

Gratitude is defined as the state of being grateful and thankfulness. Many people fail to understand how gratitude can change a life and alter one's perception of the good. A life without gratitude is often an unhappy and unfilled life. Putting gratitude in your daily life is the first step to achieving many of your hopes, dreams and goals. When you feel thankful, grateful, and content in your own life and experiences, you will find that you're more satisfied with where you are and what you already have.

There are many ways in which you can let people know just how much you appreciate them and how grateful you are to them in your daily life.

25 ways to show gratitude and instantly have a better life are...

1. Be an active listener

Show your gratitude to others by listening to what they say.

2. Give out compliments

Make someone's day by complimenting little things like a great shirt, a nice smile, or a job well done.

3. Make eye contact

When interacting with people, make eye contact and show you are really present in the conversation.

4. Give a detailed example of appreciation

Let someone know exactly why you are grateful to have them in your life by citing an example of things they have done or said on your behalf. This will help your relationship quality to be more strong in the society. It is one of the most biggest benefits of gratitude.

5. Be thoughtful of others

While you must take care of yourself, it is important to also think of others first. Consider someone else's feelings with every action and word.

6. Give a hug

Make a true connection with those you love and are grateful to have in your life by giving hugs when greeting, saying goodbye, or saying thanks.

7. Just be there

Spend time with others, especially during difficult times, and just be there without your phone and other distractions.

8. Be gracious when challenged

When someone challenges your actions or words, still show grace by listening to what they say and being polite. You never really know what someone might be going through, so don't take their actions personally and show them kindness (even if it's really hard to do so). This is a hard lesson and depends on the specific situation, but it really does more for you and YOUR own well-being to give the other person the benefit of the doubt than to get involved in the chaos.

9. Offer congratulations

When someone you know is celebrating an achievement, offer your sincere congratulations even if you are not the winner.

10. Show off your gifts

When someone is gracious enough to give you a gift, make sure you wear the clothes in their presence, display their craft on your desk, or make it known you appreciate the gift by using it.

11. Share their joys and praise

Celebrate other's joys as if they were your own.

Praise others when you receive great service or fine hospitality, let others know about the job well done.

The kind words spoken as an expression of gratitude mean a lot.

12. Be patient

Patience is not everyone's virtue but gives it your best effort to remain patient with those you love, and remember that everyone has their own struggles.

13. Select small, thoughtful gifts

When you are out and about, select a few small but thoughtful gifts for those you love to show you are thinking about them.

14. Write hand-written notes of thanks when you receive a gift, handwrite a thank you note mentioning your gift and your appreciation.

15. Perform a random act of kindness

Kindness is still very much appreciated today, so perform a random kindness for those you love or a total stranger without looking for praise, such as buying a homeless person lunch.

16. Handwrite letters of encouragement

Skip the texts. When the family and friends are having a rough time, handwritten letters of encouragement and inspiration or give them a call and let them get it all out.

17. Be a support system

When people are in need, step up to be the go to person they can rely on support, regardless of their differences.

18. Tip well for good service

When you receive good service, be sure to offer a good tip that shows those in the service industry how much they are appreciated.

19. Volunteer your time

Spend a few hours at a food bank, an animal shelter, or your church helping others. Sharing your time with those in need can help put your own life into perspective.

20. Host a gathering for your dearest friends

For no reason, host a gathering of your nearest and dearest to say thank you for all they've done.

21. Share your material possessions

Don't be stingy with the things you do have. Be willing to share your possessions with those you love and those that are not as fortunate.

22. Say you're sorry

No matter how your mood is or whether you are right or wrong, be willing to say you are sorry to those you truly love and appreciate. Be willing to compromise in life. You do not know what tomorrow maybe like, so live the life now.

23. Visit the sick and / or elderly

Spend time with those who may not have anyone else. A Saturday morning visit to the nursing home or the sick ward at the local hospital can brighten everyone's day. Think about how you might appreciate that when you're elderly and you would be facing the same circumstances.

24. Always say Thank you

Always say thank you no matter how small or big the favour is. Say it to family, friends, co-workers, and kids. A heartfelt thank you can go a long way.

25. Smile

Smile all the time! Share it with loved ones and even strangers on the bus. While not everyone will smile back, it is certainly worth the effort to keep doing it. Smiles are contagious, so do your part to make happiness and gratitude go viral.

Thus, gratitude in life gives us more acceptance and joy so that our mind-set improves to keep us calm and satisfied.

Gratitude when practiced keeps us in a state of contentment and thankfulness. We don't have the attitude of wanting more and more but are happy with whatever we have in our lives.

Chapter three

It can be really difficult to think of things you are grateful for when everything in your life seems to be going wrong. Countless studies show that for many people, finding a bit of thankfulness each day can actually increase happiness levels and decrease depression. By developing an attitude of gratitude we can feel more fulfilled and joyful each day.

MORAL STORIES ON GRATITUDE

1. THE BLIND BOY

A blind boy sat on the steps of a building with a hat by his feet. He held up a sign which read, "I am blind, please help".

He was begging for money. A man was walking by. He took a few coins from his pocket and dropped them into the hat.

He then took the sign, turned it around, and wrote some words. Then he put the sign back in the boy's hand so that everyone who walked by would see the new words.

Soon the hat began to fill up. A lot more people were giving money to the blind boy.

That afternoon, the man who had changed the sign returned to see how things were. The boy recognized his footsteps and asked, "Were you the one who changed my sign this morning? What did you write?"

The man said, "I only wrote the truth. I said what you said but in a different way."

I wrote, "Today is a beautiful day, but I cannot see it".

Both signs spoke the truth. But the first sign simply said that the boy was blind, while the second sign conveyed to everyone walking by how grateful they should be to see...

When your life seems full of troubles, it seems difficult to maintain an attitude of gratitude. All we see our problems, like a blackened storm cloud casting a dark shadow over our lives.

The story about the blind boy teaches us that gratitude in life is very essential.

Gratitude is a habit, it's a way of looking at the world and all good things in it with a feeling of appreciation, regardless of whether or not your current situation is to your liking.

Gratitude is a heart centred approach to being at peace with yourself and with all you have. When we practice this feeling of gratitude, it attracts even more things into your life for which to be grateful.

2. AN OCTOPUS IN TROUBLE

Once upon a time there was a shy and quiet octopus. He always went about on his own because, although he wanted to have lots of friends, he was too self-conscious.

One day, he was trying to catch a very slippery oyster. Before he knew it, he had tied himself into one massive knot, and he couldn't move. He tried with all his strength to wriggle free, but it was no good. In the end, despite the great embarrassment he felt at being seen in such a tangle, he had to ask for help from the passing fish. Many fish swam past, ignoring him, but one very kind little fish offered to help to untie all those tentacles from all those suckers.

The octopus felt heartily relieved when he was finally set free, but he was so shy that he didn't dare talk to the fish and make friends with him. He simply thanked the fish, and quickly swam off. Later he spent the whole night thinking that he had

wasted a great opportunity to make friends with the very kind little fish.

A couple of days later the octopus was resting between some rocks, when he noticed that everyone around was hurriedly swimming past. He looked into the distance and saw an enormous fish coming over to feed in that area. The octopus quickly hid then, peeping an eye out from his hiding place, he saw that the huge fish was chasing the kind little fish who had untied him. That little fish really needed help, but the big fish was so dangerous-looking that no one dared to go near. The octopus, remembering how the little fish had helped him, felt that he had to do whatever he could to come to his aid.

Without hesitating, the octopus shot out from the rocks. He put himself right in the path of the giant fish, and before the fish could do anything about it, the octopus shot out the biggest jet of ink and grabbed the little fish, and swam off back to hide in the rocks. Everything happened so fast that the big fish had no time to react. However, he soon recovered from his surprise. Off he went to the rocks, looking for the octopus and the little fish. Now he really wanted to gobble them down!

The giant fish had a very artistic nature, he adored colours and the octopus' dark ink had given him a terrible allergy!

So the big fish swam away, irritated all over. His body was itching so he left from there.

As soon as he was gone, all the fish who had been hiding came and congratulated the octopus for being so brave. Then the little fish told all of them that he had helped the octopus a few days earlier, but he had never known anyone would be so grateful that they would end up doing something so dangerous. Hearing this, the other fish discovered how nice the shy octopus was, and everyone around was keen to be the friend of such a brave and honourable octopus.

This story truly describes the gratitude of the octopus, who rightfully helped the little fish when he was in trouble because the little fish had helped him first. The octopus' gesture shows he was

thankful and so helped the little fish when the giant fish was about to attack the little fish.

3.THANKFULNESS

Once a first grade teacher thought of giving her class a fun assignment. Because Thanksgiving day was near, she asked the kids to draw a picture of something for which they were thankful.

Many would celebrate holiday with turkey and other traditional goodies of the season, so the teacher's thought were that it would be a subject of most of her students art.

When she got the art work of all the students, she saw that a kid had made a different kind of picture. That picture was made by a student who was shy

and wouldn't play much. He would depend on his teacher and stand close by her side most of the time when the other kids played.

When the teacher had asked to draw a picture of something for which he was thankful, he drew an empty hand.

The art captured the imagination of other kids, they wondered whose hand it could be?

One child guessed that it was the hand of a farmer because farmer raises turkeys. Another said it represents the hand of a police officer because they protect and care for the people. Another student guessed that it was the hand of God, for God feeds us.

The discussion went on, the students were busy completing other assignments. The teacher went to the kid who had done the drawing and bent and asked the young artist, “Whose hand it is?”

The little boy looked away and muttered, “it’s your hand teacher.”

The teacher recalled the times when she had taken his hand and walked him here and there, how often she had said to the kid. Take my hand and we will go outside. Let me show you how to hold the pencil and so many things.

The kid was the most thankful for his teacher’s hand. Tears came from the teacher’s eyes, brushing that aside she hugged that kid and went on with her work.

This beautiful story teaches us that people might not say thanks always but they will remember the hands that reaches out to them.

Therefore, keep reaching out because you may pull someone out of darkness and guide them to light.

Chapter four

Happiness, the sheer joy of being alive is within our reach. All we need is an attitude of gratitude.

Gratitude creates happiness because it makes us feel complete, it is the realization that we have everything we need at least in this moment.

Gratitude is such a powerful emotion, one that can make your life better in so many ways. You will never feel depressed or feel sorry for yourself if you have gratitude for all the things in your life.

30 SIMPLE WAYS TO PRACTICE GRATITUDE

1. Keep a gratitude journal and add to it every day.
2. Tell someone you love them and how much you appreciate them.
3. Notice the beauty in nature each day.
4. Nurture the friendships you have, good friends don't come along every day.
5. Smile more often.
6. Include an act of kindness in your life each day.
7. Watch inspiring videos that will remind you of the good in the world.
8. Call your mom or dad more often.

9. Cook meals with love, think of the people you will feed.

10. Volunteer for organizations that help others.

11. Spend quality time with your family or friends.

12. Remember to compliment your friends, family or spouse when they look good.

13. When you think a negative thought, try to see the positive side in the situation.

14. Try to take note when people do a good job and give recognition when it's due at work.

15. Reward effort, if someone does something nice for you do something nice for them.

16. Meditate with your gratitude list, giving thanks for all your fortune.

17. Live mindfully, not worrying about the past or future.

18. Thank the people who serve you in the community the shopkeeper, the bus drivers etc.

19. Say thank you for the little things your loved ones do for you, things you normally take for granted.

20. Call your grandparents and tell them you love them. Call into an elderly neighbour and say thank you for their presence in your life.

21. Embrace challenges and turn them into opportunities to grow.

22. Send love to your enemies or people you dislike.

23. Be thankful when you learn something new.

24. See the growth opportunity in your mistakes.

25. Help your friends see the positive side to life.

26. When times are bad, focus on your friends who are at your side.

27. When time is good, notice and help others.

28. Make gratitude a part of family life, share it with each other during meal time.

29. Focus on your strengths.

30. Share the benefits of gratitude with family and friends.

Be the change you want to see in the world by making gratitude a part of each day. If we all practice gratitude more regularly, the world will be a better place.

The 30 simple ways listed will definitely help you to practice gratitude whenever it is possible for you to do it.

GRATEFUL PEOPLE ARE HAPPY AND HEALTHY

Scientists have found that people who feel grateful more often are also happier, get better grades, and are more satisfied at school. They also sleep better, have less pain, and do not get sick as often. One explanation for this is that grateful people have better friendships, because they offer more help and receive more help in return. Thinking more positively about things that happen to you and having better friendships can both increase your happiness and improve your physical health. The

good news is that practicing gratitude is a skill that you can get better at by simply writing down a few things that you are grateful for each day.

What are you grateful today? This question will have different answers for different people, and your answers could change every day. You could be grateful for that delicious dinner you had, for having good friends, or for the fact that the sun is shining and you can spend time outside.

Gratitude is the emotion we feel when we notice that something good has come into our lives and appreciate it. Some people feel grateful more often than others. It is difficult to measure how often people feel gratitude.

Research has shown that teenagers and adults who feel grateful more often than others are also happier, they sleep better, have more energy and fewer illnesses and less pain. They may still feel negative emotions like sadness, fear, or anger. Both positive and negative emotions are part of our lives, but it is possible to increase our overall happiness.

One way to do this is to pay more attention to the good things that happen in our life and feel grateful for them.

GRATEFUL PEOPLE HAVE BETTER FRIENDSHIPS

Studies have shown that people who say that they are more grateful have better friendships. One study found, for example, that college students who

said that they felt more grateful at the start of their first semester also reported having more social support(better friendships) at the end of their fourth semester. One possible reason for this is that studies have found that grateful people receive more help from other people and are also more likely to help others. Studies have shown that when you thank someone for their help, this person is more likely to help you and other people again in the future. So if you are grateful and thank your friends for helping you with something they will probably feel happy and will help you again. Being grateful increases the quality of your friendship and thus you have more friends whom you can rely on for help whenever needed.

Choosing to be thankful is an easy way to boost your happiness. There is a definite link between gratitude and happiness. When people are grateful their physical health also reflects it. Such people are more likely to exercise, eat healthy and will take care of their health on a regular basis. Having good friends gives you happiness and gratitude. A cheerful person has many friends to interact with and socialize.

Experiencing gratitude regulates our mood and this induces feelings like trust and generosity which promotes social bonding and feeling connected. In short when you are grateful for everything you have in life, it gives you satisfaction and pleasure so you are more cheerful and make many friends in your circle. You can thus enjoy life to the fullest.

Chapter five

One of the prime reasons behind people's constant discontent with life is not appreciating what you already possess. There are millions of things to be thankful for, and you will find them once you think deeper about your life.

Millions are still deprived of necessities for survival. These people have to fight a constant battle each day to meet both ends, and even then they find deep things to be thankful for.

Being thankful for all those things that we don't have to fight for is extremely important so that you learn to treasure what you have. The path to

happiness and well-being would only begin from gratitude.

LIST OF THINGS TO BE GRATEFUL FOR:

1. Good Health

Good health doesn't necessarily mean the absence of any ailment.

Even when you have certain health issues, you should remember that things could worsen. If you don't believe it, then make a quick visit to the nearest hospital's ICU unit, and you will realize how blessed you are. Be thankful that your predicament is nothing compared to them.

2. Money In The Bank

If you have something in your bank account, you are richer than many others burdened with debt and cash crisis.

Even when you have less money than others, always remember that some people struggle to earn what you do.

Be thankful that you have been blessed more than numerous others.

3. Good Friends

In your life, if you managed to build a strong foundation of friendship with a few, then you are blessed.

One of the great things you can be grateful for today is that you have friends who will stand by you in difficult times.

4. Your Parents

People often complain about their parents, but they don't realize the fact that at least they have them.

No family is perfect, and the effort that one makes to keep each other happy counts. If you cannot find it in your heart, be thankful that your parents gave you life.

5. Having A Partner

If you have a partner, then you are lucky. You have somebody to share your life with, and it is one of the most beautiful things in the world.

Having a partner is one of the most vital things to be thankful for today.

6. Pets

Having pets is one paramount blessings one can desire for.

They offer unconditional love. Your pets are an integral part of your lives, and you should be deeply thankful for their company.

7. Learning From Mistakes

The ability to learn from mistakes is only the privilege of humans.

We can comprehend what went wrong and not to repeat them.

We should be very thankful that we have been blessed with such an ability.

8. Opportunity To Get An Education

We are lucky if we are educated, everyone is not blessed with this opportunity. Some of the most valuable things are taught in educational

institutions, and we have the privilege to take advantage of them. The vast knowledge we gain from education is incomparable to any other.

9. Having A Home

Having shelter over the head is a luxury.

It does not matter whether the house is small, big, rented, or owned. The fact that you have a place to reside and rest is one of the biggest things to be grateful for in life.

10. Breathing Fresh Air

One of the greatest reminders of life is fresh air. If you can step outside and breathe the fresh air,

consider yourself lucky and blessed because it is one of the most unique things to be thankful for.

11. A Bed To Sleep

Nature has blessed you if you have a bed to sleep and rest.

Many poor people have to find comfort on the roadside or shelter homes just to sleep. If you have a warm and cosy bed, you are much better than many others.

Be grateful for it!

12. Laughter

Not every being has the capability to laugh.

It is a magical thing that we are blessed with as it helps us to express ourselves, relieve stress, and bring happiness around us.

13. Sunshine

Sunshine is one of the deep things to be grateful for. It is a source of vitamins for a few, while for others are a ray of hope. We get to enjoy the sunshine every day. It marks a new beginning and brings a promise exciting life ahead.

It's a pure blessing if you can enjoy the sunshine, and it is one of the things to be grateful for.

14. Time

Be grateful for your time with your spouse, kids or family.

Also, the time you get to spend on your work that helps you provide for your loved ones is a blessing.

Learn to be thankful for your time and not complain about having less of it.

15. Clean Water

It is a human tendency to overlook whatever is easily available.

We only realize the importance of something when it becomes scarce or unavailable.

If you can enjoy clear water for all necessities, you are lucky, and so you should be thankful for it.

16. Cell Phones

You get to connect with your loved ones using cell phones anywhere and anytime.

Rewind 100 years, and people were not blessed with such a luxury.

You should be thankful for having cell phones now that have helped to make life so much better than before.

17. Love

Without love, humans will not be the same.

The ability to love and connect is what makes us so special.

Be thankful for the love of family and friends in your life.

18. Kindness Of Strangers

If someone had it in their heart to help you out in a difficult time, you should be thankful for it.

Not everyone gets kindness from strangers in the hour of dire need. You should be grateful to be so blessed.

19. Pain

Even in pain you learn. Without pain, we will never appreciate good times or well-being.

Pain allows us to remember that with every bad, there is good.

Be glad that you can comprehend such a thing with pain.

20. Freedom Of Speech

When you can express yourself without any bounds, which you must be thankful for it.

This is truly a blessing otherwise how would you feel when your thoughts were required to be restricted.

Freedom of speech is something we should always be thankful for.

21. Rainbows

Nature has blessed us with numerous gifts, and rainbows are one such marvel.

We get to enjoy the miraculous colours of the rainbow, and we should learn to be thankful for it.

22. Freedom Of Religion

The world has progressed so much that you no longer have to follow whatever religion you are born into. It is our birth right to follow any religion that we start believing in.

23. Tears

When you are extremely sad, you get tears. It allows you to experience pain and even let others realize what you are going through.

In their way, tears are a blessing, and one should be thankful for it.

24. Waking Up Today

Nature has given you another day to enjoy this life.

It is reflected in the fact that you woke up today. It's a great thing to be grateful for.

25. Wisdom That Comes With Age

In life, you get to experience so many things. As you get older, you tend to become more thoughtful and wiser.

26. Eyesight

A blind would easily value this gift, and when you have the power of eyesight, you can see and enjoy everything around you.

Don't take this nature's gift for granted. You are blessed and, therefore, you must show gratitude for this gift.

27. Sunsets

The relaxing rays of sunset are truly a blessing if you learn to enjoy them.

People find utmost comfort and joy when looking at sunsets. It is a reminder that the day has set, and it is time to wind up and prepare for tomorrow.

28. Your Mind

Your mind is the centre point of your being.

The ability to think, act, and control the mind does every action. We should be thankful for all the actions performed by our unique minds.

29. Children

Hardly anything else would compare to the happiness that a child can bring.

They are a source of happiness and a reminder that we only need simple things to stay happy. Be grateful that we can enjoy their innocence and growth.

30. People Willing To Teach

Teachers in the form of parents, educators, grandparents, mentors, bosses, etc. make our lives better by teaching us. They pass on their knowledge

and expertise to help us grow and become better people.

31. Challenges

Challenges make people stronger and more efficient. Without them, we would hardly make an effort to grow. They are important experiences on our lives that help us grow mentally and physically.

32. An Internet Connection

We should be thankful for an internet connection as in the 21st century it has become a necessity. We need one in every aspect of our lives.

It is a blessing if we have one, from finding the right direction, to seeking guidance and also for education, we require an internet connection.

All these things are something we should always be thankful for and start living a life filled with gratitude. We will definitely see the world differently. We will feel blessed and begin our journey to a happy and healthy life.

Remember from gratitude we can unleash the power of abundance!

Chapter six

GRATITUDE TOWARDS PARENTS

The basic rule for gratitude is that the more thankful you feel about good things, the more they will come to you. When we talk about our parents, there is an endless number of things that they do for us without any expectations. “Charity begins at home”, if you really want to be thankful about anything, be thankful for all the things your parents did for you. If you could not think of something, think about those time when they sacrificed their need for yours. Bought you something even if they

had to cut out budget from other things. There is an endless list of things for which you can be grateful for your parents. From sending you to school till feeding you with proper meal every day.

There are times when children refuse to acknowledge the good things their parents do for them, but they do realize it when they have their own kids. It is important that we express our gratitude to our parents through our actions. Even the small gesture can make a huge difference in their day. And the best part about feeling the gratitude is that it will come back to you with greater things. You will not only feel positive about your days but also have an endless amount of joy to share.

6 Ways To Show Gratitude Towards Parents

1. Spend time together
2. Celebrate together
3. Home assistance
4. Treat your parents well
5. Tell them you love them
6. Give them gifts often

Parents are the perfect people to have in our life.

We should always be grateful to them for helping us achieve all the goals and for giving power to you through all the hardships. They have helped you to attain success in life. We can never forget the

lessons given to us by our parents and always be thankful for their support and kindness.

It might seem impossible to thank our parents for their immeasurable impact on our life. Their love for you has helped you grow and become the person you are today.

Gratitude is one of the most underestimated ways anyone can use to enrich their lives. Imagine going through a day where strangers smile at you, greet you, and people hold the door open for you. Always remember what your parents taught you to become a good person.

You have to understand that your parents are the closest people you have when you are young and

they are the ones that you spent the most time with.

If you are grateful for your parents and always be thankful for the good that they brought into your life, you will feel the same when you become a parent.

There are plenty of ways how you can express your gratitude and thankfulness towards your parents.

One of the easiest and effective ways is just to say “Thank you.”

When your parents cook a meal for you, when they help you solve a problem, when they do something for you, when they guide you, when they buy you new shoes, when they give you money to live, do not forget to say thank you.

Another good way to express your gratitude towards your parents is to spend more time with them and accompany them. You do not have to wait until they become old to spend your time with them. Remember how your parents spend their time and life nurturing you, feeding you and making sure that you grow up and become who you are today. Do the same and take good care of your parents, this is one of the best ways to express your thankfulness to them.

Everyone has different ways to express their gratitude, you can show it by composing a song, through a poem, some write thank you letters, while others show their gratitude through hugs and

kisses. You can also take your parents for a well deserved vacation.

Regardless of what you do to show your gratefulness towards your parents, the key is to make sure that you do it before time runs out.

GRATITUDE TOWARDS GOD

There are many blessings that come from being grateful for the good things we enjoy in life.

Everyone has their own religion in their hearts.

Deep within you, you believe in something a higher power, a God, or something that has power to create the world. Simply put, God wants us to learn to be grateful and thankful for all the gifts He has created for us.

You have probably heard the saying, “Count your blessings” and when you literally count your blessings, it increases your emotional and mental health.

Therefore learn to be grateful for everything in your life, especially God, the higher power that created you and everything else in the world. When you show your appreciation, you will access a calmer state, you will feel more peaceful and this makes you feel good about yourself, and your life.

One very simple act of showing your gratitude towards God is through praying. Depending on what religion you believe in, everyone prays differently. The method how you pray does not really matter,

the key is that you are sincere in showing your
gratefulness.

Feel the appreciate and always express the
gratefulness deep within you which you have
towards God. It is God who has accepted your
prayers and healed you in your path of life when he
has blessed you for the belief in Him.

Gratitude to God goes deeper than simply being
thankful. It is an attitude of grace and gratefulness.
It is something we show in response to receiving
something we have not earned. Gratitude towards
God is a response to a gift.

We have so many reasons for thanking God and
giving Him gratitude.

6) BENEFITS OF GIVING GOD THANKS

1. Gratitude Glorifies God

Our gratitude glorifies God as it helps us realize all we have comes from God. This alone would be the reason to give thanks to God.

2. Gratitude Helps Us See God

Gratitude opens our spiritual eyes. There is a beautiful cycle in giving God thanks, the more we thank Him, the more we see Him working in us and around us.

Gratitude helps us sense God's presence, His personal care and His perfect timing

3. Gratitude Brings Peace

Count your blessings, as God helps us to see that His hand is always over us in all circumstances. Thank God, stop worrying and give him thanks as He gives us supernatural peace. Praying to God is the key to having all our difficulties to be solved.

Be thankful and show gratitude towards God.

4. Gratitude Brings Contentment

It is said that gratitude makes us aware that we have enough. If we are not grateful for what God has given us, getting more also won't satisfy us either. Being thankful is the key to contentment.

5. Gratitude Leads to Joy

The overflow of gratitude is joy. Realizing God's abundant goodness is a gateway to joy. Be happy and enjoy life.

6. Gratitude Guards against Envy

Envy makes us want what someone else has. Gratitude makes us realize that God has given us more than we deserve. Stop comparing and cheer, be grateful towards whatever God has given you and blessed you truly. A heart wholly thankful has no room left for envy.

These are only a few of the benefits of giving God thanks, the list is very long.

So be cheerful and thank the Almighty for everything you have in life, feel blessed for every moment you live. Life is short so show gratitude towards God whenever you can.

GRATITUDE TOWARDS TEACHERS

When it comes to showing your appreciation, one of the most important figures you should be thankful for will be your teachers.

Most people who practice writing gratitude lists often miss out their teachers in the list because they only interact with their teachers in school and college. When these people get into the working world, materials and the people around them are their main focus.

Teachers are the people who you spend most time with besides your parents and friends. More importantly, a teacher's mission is to educate you and make sure that you learn what you are supposed to learn in school. Their mission teaches us about life's lessons and is inspirational so that you are motivated to succeed in life in the future.

There are plenty of ways how you can express your gratitude towards your teachers.

Some of them are:

1. Write a thank you essay to your teacher. Show your appreciation, through words with an open heart and sincerity.

2. Say a simple “Thank you”, after every class.

This small and simple act will profoundly change your teacher’s life.

3. Remember your teacher’s birthday and buy

him or her a gift as it token of appreciation.

Your teacher will definitely remember you for the rest of his or her life!

These are some of the ideas on how you can show thankfulness towards your teacher.

As students, many teachers and educators will pass through your life without remembrance. Therefore starting from now on, do something to express your

gratitude to the people who has guided you so much in life.

Without teachers, we wouldn't have doctors, lawyers, CEOs, engineers, authors...the list goes on. Teachers go through additional schooling, work nights and weekends and have a knack for dealing with other people's kids.

Behind every successful person is a teacher.

So don't forget to be grateful for your teachers for inspiring you to learn and for guiding you to do your best. The teacher's motivation gives you inner strength to achieve what you can in the classroom and also further on in life, when you have become what you always dreamed of.

Thanking and showing gratitude is the token of respect you would give to your teachers. So don't forget to show gratitude to them as it will always be less for what all they have done for you.

EPILOGUE

The book, 'GRATITUDE' tells us how to be thankful and show gratefulness which is a feeling of appreciation to another person. The other person could be your parents, family, friends, teachers, co-workers or anyone who has helped you when you needed it the most.

Gratitude is also shown to God by thanking him in prayers for always being there in good times and also in difficult paths, to guide you to the destination and helping you to achieve goals and be successful in whatever you do in life.

Showing gratitude keeps you in a calmer and peaceful mind. Thankfulness is beneficial for people who are not satisfied with their achievements but showing gratitude to others helps them to be content and have joy.

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