



Practicing Gratitude in Everyday Life



Many people live with a mindset of always wanting something more, whether a higher-paying job, different relationships, or material objects. It is easy to see the grass as greener elsewhere and to take aspects of your life for granted. Author Roy T. Bennett said, “Be grateful for what you already have while you pursue your goals. If you aren’t grateful for what you already have, what makes you think you would be happy with more?”

Gratitude is the quality of being thankful and can change your life for the better. There are numerous benefits to practicing a life of gratitude, such as improving your mental and physical health, coping skills, happiness, relationships, and sleep, as well as reducing anxiety and depression. Here are some tips for cultivating your practice of gratitude.

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This Month's Webinar

Practicing Gratitude to Boost Your Happiness

Gratitude is the extremely powerful quality of being thankful that can change your life for the better. If you're looking to bring more happiness into your life, then practicing gratitude is your answer. Gratitude opens your heart and your mind allowing you to feel more present, generous, thankful, empathetic, kind, patient, positive and more aware of the beauty that surrounds you.

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