

Chapter 1 : 5 Ways to Cultivate an Attitude of Gratitude

In Attitudes of Gratitude, M. J. Ryan teaches us how to unlock the fullness of life through the expression and exercise of a grateful heart. In a series of brief, evocative essays, she inspires us to discover and distill a sense of gratitude in every aspect of our lives and offers practical suggestions to help us focus on all that we have.

Sign up for my newsletter to stay in touch! It turns what we have into enough, and more. Before we fully get into the Christmas spirit, I was thinking about that how easy it is to fly right by Thanksgiving and all we have to show for it is a couple extra pounds from over-dosing on mashed potatoes, gravy and pumpkin pie. I like to get as much out of the seasons and holidays as I can, so I started thinking about ways I could incorporate the attitude of gratitude around my house in the few weeks prior to Thanksgiving. And what better day to start out thinking positively than on a Monday! Are you a glass half full person or a glass half empty person? I sometimes call him Eeyore. I am forever trying to help him see the bright side of things. We work on lessons in positive thinking and gratitude quite often around our house. And Thanksgiving is the perfect time of year to put our efforts into overdrive. So, how can we create a home that reflects an attitude of gratitude? We need to practice it daily, not just on Thanksgiving. You know I like to make lists of 20 happy thoughts , so here are my 20 Little Attitudes of Gratitude for our home. These are all real things we emphasize around our house to keep us focused on blessings, or things I am wanting to incorporate this year. Say please, thank you and excuse me. Smile when you see your family. Turn your frown upside down. Pick up after yourself. Notice when others do kind things for you, show gratitude by action or words. Say I love you before going to bed. Focus on what you are happy about today. Create gratitude journals to keep track of daily blessings. Show thankfulness for even the little things others do for you. Leave love notes in unexpected places like lunch boxes and under pillows. Encourage someone with a compliment. Verbalize what you are grateful for when you feel like complaining about life. Keep a basket of small slips of paper on the table. Write notes of thankfulness during the week and read them to each other during a family meal. Remember to thank God for blessings each day. Surprise your family or friends with little gifts or treats to show you thought of them. No grumbling about minor annoyances around the house. Do special things to cherish time with your family. You never know what tomorrow will bring. Reflect on happy memories regularly. Make inspiration boards of special times. Help someone out without them having to ask you. Watch for someone in need. When you are doing household chores, be grateful you have a home to clean. By making a list of 20 attitudes we can work on and putting them into practice, we can make our homes a much happier place to be by Thanksgiving. I encourage you to make your own gratitude list. Let me know if you do!

Chapter 2 : How to Have an Attitude of Gratitude | HuffPost Life

An attitude of gratitude means making it a habit to express thankfulness and appreciation in all parts of your life, on a regular basis, for both the big and small things alike. As Howes puts it.

I made a plethora of highlights as I went along. I followed the advice in the introduction and first chapters of reading this slowly chapter by chapter and reflecting and not rushing through it. I actually started this book at the airport when I was waiting several hours for a flight out of San Antonio and only finished it today. I have tried many, many times to grasp the concept of writing 5 or so things I am grateful for each day and it never clicked. I would cycle through the same items pretty quickly. I am grateful for my husband, my dog, my family, my friends, my job, my home, being alive. It really took this book and this author to help me make the connection and expand outward. For a few days I started employing this consciousness and immediately felt the benefits. I felt myself being grateful as second nature; waking up a little before an alarm and being grateful for the few extra minutes, grateful for a warm and comfortable bed. Things like this I was feeling with a barely conscious mind in the morning! I hope to work hard to incorporate this more into my daily life and there are some quick and handy suggestions in the back that also sound good. One quote from M Ryan includes that we are here to grow our souls, to heal our wounds, and to become more loving, kind, fearless, and hopeful. Melody Beattie is quoted in this book stating that gratitude unlocks the fullness of life. It turns what we have into enough and more. It turns denial into acceptance, chaos into order, confusion to clarity Start where you are, and begin living in the here and now and light up what is already there. This is a difficult book for me to rate so I have to give it two ratings, one for me, one for others. I can not say more, other than I am not grateful to anyone or anything that has devastated me, took away things from me, rejected me, etc, being a borderline compounds that. I will pas Thank you for selecting me as a winner in the giveaway. I will pass it along to my psychologist as a present when I see her on Monday - it will be totally up her alley.

Chapter 3 : An Attitude of Gratitude - Thomas S. Monson

"Attitudes of Gratitude" is a most delightful feast of spiritual insights. The quotes at the beginning of each section are outstanding. The personal vignettes are deep yet written simply with the flow of love in each line.

Email On this Sabbath day our thoughts turn to Him who atoned for our sins, who showed us the way to live and how to pray, and who demonstrated by His own actions the blessings of service. Born in a stable, cradled in a manger, this Son of God, even Jesus Christ the Lord, yet beckons to each of us to follow Him. In the book of Luke, chapter 17, we read: And it came to pass, that, as they went, they were cleansed. Through divine intervention, those who were lepers were spared from a cruel, lingering death and given a new lease on life. Like the leprosy of yesteryear are the plagues of today. They linger; they debilitate; they destroy. They are to be found everywhere. Their pervasiveness knows no boundaries. We know them as selfishness, greed, indulgence, cruelty, and crime, to identify but a few. Surfeited with their poison, we tend to criticize, to complain, to blame, and, slowly but surely, to abandon the positives and adopt the negatives of life. A popular refrain from the s captured the thought: This is a wonderful time to be living here on earth. Our opportunities are limitless. While there are some things wrong in the world today, there are many things right, such as teachers who teach, ministers who minister, marriages that make it, parents who sacrifice, and friends who help. We can lift ourselves, and others as well, when we refuse to remain in the realm of negative thought and cultivate within our hearts an attitude of gratitude. If ingratitude be numbered among the serious sins, then gratitude takes its place among the noblest of virtues. A favorite hymn always lifts our spirits, kindles our faith, and inspires our thoughts: Well could we reflect upon our lives as individuals. We will soon discover much to prompt our personal gratitude. First, there is gratitude for our mothers. Mother, who willingly made that personal journey into the valley of the shadow of death to take us by the hand and introduce us to birth—“even to mortal life”—deserves our undying gratitude. Then saith he to the disciple, Behold thy mother! What a divine example of gratitude and love! Care for the poor, the sick, the needy were everyday dramas never to be forgotten. Second, let us reflect gratitude for our fathers. Father, like Mother, is ever willing to sacrifice his own comfort for that of his children. Daily he toils to provide the necessities of life, never complaining, ever concerned for the well-being of his family. This love for children, this desire to see them well and happy, is a constant in a time of change. On occasion I have observed parents shopping to clothe a son about to enter missionary service. The new suits are fitted, the new shoes are laced, and shirts, socks, and ties are bought in quantity. Tears filled my eyes when I noticed that his suit was old, his shoes well worn; but he felt no deprivation. The glow on his face was a memory to cherish. As I reflect on my own father, I remember he yielded his minuscule discretionary time to caring for a crippled uncle, aged aunts, and his family. He served in the ward Sunday School presidency, always preferring to work with the children. He, like the Master, loved children. I never heard from his lips one word of criticism of another. He personified in his life the work ethic. I join you in an expression of gratitude for our fathers. Third, all of us remember with gratitude our teachers. The teacher not only shapes the expectations and ambitions of pupils; the teacher also influences their attitudes toward their future and themselves. If the teacher loves the students and has high expectations of them, their self-confidence will grow, their capabilities will develop, and their future will be assured. A citation to such a teacher could well read: Homer Durham, my history professor. The love in his classroom opened the windows of my mind, that learning might enter. Preston Robinson, my professor of marketing, instilled in his students that the future is ahead and we are to prepare for it. When he entered the classroom, his presence was like a welcome breath of fresh air. Then there was a Sunday School teacher—“never to be forgotten, ever to be remembered. We met for the first time on a Sunday morning. She accompanied the Sunday School president into the classroom and was presented to us as a teacher who actually requested the opportunity to teach us. We learned that she had been a missionary and loved young people. Her name was Lucy Gertsch. She was beautiful, soft-spoken, and interested in us. She asked each class member to introduce himself or herself, and then she asked questions that gave her an understanding and an insight into the background of each boy, each girl. She told us of her childhood in Midway, Utah; and as she

described that beautiful valley, she made its beauty live, and we desired to visit the green fields she loved so much. She never raised her voice. Somehow rudeness and boisterousness were incompatible with the beauty of her lessons. She taught us that the present is here and that we must live in it. She made the scriptures actually come to life. Our gospel scholarship grew. Our love for Lucy Gertsch knew no bounds. We undertook a project to save nickels and dimes for what was to be a gigantic party. Sister Gertsch kept a careful record of our progress. As boys and girls with typical appetites, we converted in our minds the monetary totals to cakes, cookies, pies, and ice cream. This was to be a glorious occasion—the biggest party ever. Never before had any of our teachers even suggested a social event like this one was going to be. The summer months faded into autumn; autumn turned to winter. Our party goal had been achieved. The class had grown. A good spirit prevailed. None of us will forget that gray morning in January when our beloved teacher announced to us that the mother of one of our classmates had passed away. We thought of our own mothers and how much they meant to us. We felt sorrow for Billy Devenport in his great loss. The lesson that Sunday was from the book of Acts, chapter 20, verse These were depression times; money was scarce. How would you feel about taking your party fund and, as a class, giving it to the Devenports as an expression of our love? We counted very carefully each penny and placed the total sum in a large envelope. Noticeably absent was his mother. Always I shall treasure the tears which glistened in the eyes of each one present as the white envelope containing our precious party fund passed from the delicate hand of our teacher to the needy hand of a grief-stricken father. We fairly skipped our way back to the chapel. Our hearts were lighter than they had ever been, our joy more full, our understanding more profound. This simple act of kindness welded us together as one. We learned through our own experience that indeed it is more blessed to give than to receive. The years have flown. The old chapel is gone, a victim of industrialization. The boys and girls who learned, who laughed, who grew under the direction of that inspired teacher of truth have never forgotten her love or her lessons. Even today when we sing that old favorite—“ Thanks for the Sabbath School. Hail to the day When evil and error are fleeing away. Thanks for our teachers who labor with care That we in the light of the gospel may share. Let us ever have an attitude of gratitude for our teachers. Fourth, let us have gratitude for our friends. Our most cherished friend is our partner in marriage. This old world would be so much better off today if kindness and deference were daily a reflection of our gratitude for wife, for husband. The Lord spoke the word friend almost with a reverence. True friends put up with our idiosyncrasies. They have a profound influence in our lives. Oscar Benson, a Scouter of renown, had a hobby of interviewing men on death row in various prisons throughout the country. He once reported that of these men had said they had never known a decent man. Jack Hepworth and I were teenagers.

Chapter 4 : 20 Little Attitudes Of Gratitude - The Inspired Room

"Attitudes of Gratitude" is a self-help book which helps one learn to give gratitude every day and what to expect when you make it a habit. I hear my friends and others talk about giving gratitude and thinking of a certain number of things to be grateful for before going to bed or on awakening in the morning but I wasn't sure what that entailed.

As we decorate for fall, in anticipation of a season of abundance, one simple word hangs over our fireplaces at the heart of our homes: One simple word that is the key to unlocking so much more: We have come across several individuals, all in different places that on separate occasions have mentioned this idea of living daily gratitude and the powerful and positive impact that has. This impact not only packs a powerful punch of positivity, kindness, thoughtfulness, genuineness, and thankfulness in our own lives, but also impacts the lives of all those around us. Sit with this thought for a minute; your daily attitude of gratitude can change the lives of those around you. The power that resides in recognizing the ability for you to impact others and change their lives, for the better, instantaneously makes us feel joyful, optimistic, and hopeful! And we have witnessed in our personal lives how this daily attitude of gratitude makes all the difference! Be kind in our words and actions to all those we encounter, regardless of how we are feeling. Be thoughtful in our actions and go out of our way to help others and make them feel loved and appreciated. Be genuine in who you are, what you believe in, and stand for; and not at the expense of others. Be Thankful and Grateful. Be thankful and grateful for everything we have in our lives, the large and the small things, moments, people, events, opportunities—the list goes on and on! Seeing our moms hang out and chat, get to know one another, and help one another with any and all suggestions from their personal experiences brings smiles to our hearts! Seeing the thoughtfulness our families have for AASL in donating toys, sharing family photos and school pictures, telling stories, inviting us to family events, and taking part in our own lives and milestones, allows us to appreciate the personal relationships we have beyond the treatment room walls. Witnessing the genuineness of our families for causes they support on behalf of their children and the journeys they have been on empowers us to work harder, give more of ourselves, and continue to make a stand for each and every client that walks through our doors and into our lives. See our featured children Ashanti and Antonio at our offices and at: We are beyond thankful for these moments, interactions, and daily memories that touch our hearts and leave lasting daily imprints on us as therapists, and our greater AASL family at large. In adopting an attitude of gratitude, there are so many instances that come into focus that bring joy to each day and opportunity to be thankful. Thank you, our dear families, for allowing us the privilege to serve you and journey forward together. Our hearts are full and it remains to be our steadfast hope and commitment to be a positive contribution to you, today and in all the years ahead. How do you go about having this daily attitude of gratitude you might ask? Well first and foremost, a journal is key. Or you can create your own, whatever moves you!

Chapter 5 : Attitudes of Gratitude: How to Give and Receive Joy Every Day of Your Life by M.J. Ryan

Do you live with an attitude of gratitude? This simple app will help you to develop and maintain a daily attitude of gratitude. At the end of each day you can list the things you are grateful for.

Chapter 6 : Attitudes of Gratitude (Audiobook) by M. J. Ryan | calendrierdelascience.com

The feelings of heartfelt gratitude for the supreme sacrifice made by so many cannot be confined to a Memorial Day, a military parade, or a decorated grave. At the famed Theatre Royal, situated on Drury Lane in London, England, is a beautifully framed plaque containing words which touch my very soul and prompt feelings of deep gratitude.

Chapter 7 : Attitude Of Gratitude Quotes (19 quotes)

attitude of gratitude - Happify.