

Quest

e-newsletter

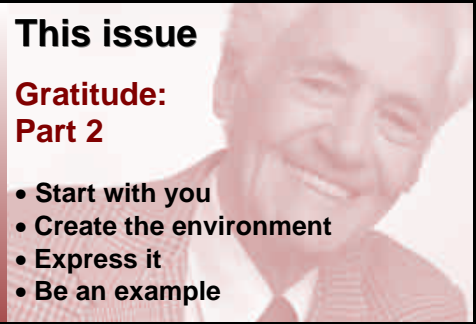
Information, insight and inspiration for your quest

December 2002
CommuniQuest, Inc.
© 2002 Jennifer S. Beavers

This issue

Gratitude: Part 2

- Start with you
- Create the environment
- Express it
- Be an example



LIFE MANAGEMENT PRINCIPLES

Maintaining an Attitude of Gratitude (Part 2)

An attitude of gratitude is truly a lifestyle choice. It's a daily mindset and philosophy of appreciation. It's being thankful for everything that you have, are, and experience in life. Yes, I said everything. Too often we focus on the "lack" in our lives and the barriers that stand between our desires and us. We are preoccupied with what we don't have and how to rid our lives of all the things we deem negative. We begin believing the grass is greener on the other side and that happiness is never experiencing a rainy day.

As your appreciation for what you already have increases, your feelings of lack will decrease.

As your appreciation for what you already have increases, your feelings of lack will decrease. As you learn to appreciate all the experiences of life (including the difficulties), life will become a more meaningful experience. Even the most challenging times of your life can be appreciated if you look close enough (e.g. an opportunity to face a fear, test your faith, experience a miracle, stretch yourself, learn something new, gain greater understanding of others).

Like any lifestyle choice, it takes persistence and daily practice to make it a reality. Here are some strategies to help you experience a greater attitude of gratitude each day.

Celebrate your uniqueness - One of the first steps toward a life of gratitude is appreciating who you are and your unique contribution to the world. Learn how to love yourself. Take time to discover who you are "inside." Identify your strengths and build on them. Stop focusing so much on your weaknesses and judging yourself harshly. Start spending more time listening to your heart and less time listening to society. And stop allowing others to determine your self-worth. Each day I pray for strength, courage and wisdom to be "uniquely" who God created me to be.

Establish an environment of thanksgiving – Our homes, places of work, and any space we spend time in should reflect a spirit of thanksgiving. Equip these areas with items that reinforce your attitude of gratitude. Photos, books, music, affirmations, mementos and a gratitude journal can all serve to remind us daily to be thankful. In addition, the people we share our environment with can influence our spirit of gratitude, so remember to be selective.

(Continued on page 2)

Please Note

Next month's *Quest* will arrive in your inbox the week of January 6.
Have a safe and joyous holiday season.

Express your gratitude – Let others know you are appreciative. Expressions of thanksgiving can include a greeting card or note, a well thought-out gift, a hug, or a word of thanks. I like giving mini thank you cards to sales associates and restaurant staff to thank them for good service. You can also use these cards in your workplace to show others your appreciation. Check out Itty Bitty Greetings at Hallmark stores and Compendium's Little Window Message Cards on the web at www.compendiuminc.com. Both types of cards are small enough to keep handy in your purse or wallet. You can also show your appreciation by donating your time, talent and money to your favorite organizations.

Consider the example you set for others – When we demonstrate gratitude in our lives, we show others what it means to be thankful. And the opposite is true. Think about the example you're setting for your family, co-workers, friends, and even strangers. The values we instill today will be the values we practice tomorrow. Do you want to contribute to a world full of gratefulness or discontent? One organization that is working to teach children the importance of values and provide tools for building character is Core Essentials. The Core Essentials program focuses on a "value of the month" through classroom curriculum. To learn more, visit www.coreessentials.org. The web site includes a Kid Corner and area for parents.

If you really want to have an attitude of gratitude -- no one can stop you. The choice is always yours and yours alone. The key to making it a reality is daily practice.

Additional Resources

The Foundation for a Better Life – This organization creates public service campaigns to communicate the values that make a difference in our communities—values such as gratitude, honesty, caring, optimism, hard work, and helping others. To learn more about the Foundation's list of values "worth passing on" and to view the organization's TV spots online, visit www.forbetterlife.org.

PostersFromTheHeart.com - This site offers beautiful color posters on themes such as honesty, freedom, creativity and gratitude (www.postersfromtheheart.com).

Sarah Ban Breathnach's On-line Gratitude Journal – Sarah is the author of the bestseller, "*Simple Abundance*" and a variety of other publishing projects. To start your on-line Gratitude Journal, visit www.simpleabundance.com/gratitude.html.

Books

- "*Attitudes of Gratitude: How to Give and Receive Joy Every Day of Your Life*" by M. J. Ryan
- "*Easy Etiquette: Sample Thank You Notes and Sympathy Cards*" by Sharon Paskoff
- "*The Simple Abundance Journal of Gratitude*" by Sarah Ban Breathnach
- "*When Words Matter Most: Thoughtful Words and Deeds to Express Just the Right Thing at the Just the Right Time*" by Robyn Freedman Spizman



Jennifer is a professional speaker, author and president of CommuniQuest, Inc. Through her seminars and keynotes, she delivers fresh insight and proven techniques on how to work smarter and live a more satisfying life. For more information on her workplace strategies and inspirational programs, visit www.communiquest.com or call 1-888-866-0821.

For guidelines on reprinting *Quest* articles in other publications, please e-mail inquires to: Quest@communiquest.com. To be added the subscription list or to change your e-mail address, visit <http://www.communiquest.com/newsletter/newsletter.cfm>. To be removed from the list, e-mail

Quest@communiquest.com. Please share *Quest* in whole or in part with copyright and attribution included.

© 2002 Jennifer S. Beavers. All rights reserved.