

Gratitude reflects in our Attitude...

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I was reading an article about gratitude and I started wondering "How much does being grateful really affect our happiness and can this affect our job and our business?"

So, I started thinking about all the times I feel really happy, and the times I don't feel as happy, and I put them into 2 categories:

Category #1 "When I feel the HAPPIEST"

Category #2 "When I don't feel as happy"

And... as I wrote my list, I was really surprised, because it became very clear to see:

Our level of Gratitude really can affect our job and our business.

When I feel the HAPPIEST is when I am feeling the most grateful; I am more productive in my work, I have more patience, I have more energy and I am more grateful to the people around me.



Tammy Taylor
CEO, Tammy Taylor Nails Inc.
Entrepreneur and Business Owner since 1981

Quote:

In our daily lives, we must see that it is not happiness that makes us grateful, but the gratefulness that makes us happy.

-Author: Albert Clarke

Something else I observed, which I thought was interesting: The most grateful people I know are also the happiest people I know, and there was no connection to how much money they had, what type of job they had, or how educated they were.

Quote:

Gratitude unlocks the fullness of life.

It turns what we have into enough, and more.

It turns denial into acceptance,

Chaos to order, confusion to clarity.

It can turn a meal into a feast,

a house into a home, a stranger into a friend.

*Gratitude makes sense of our past, brings peace for today,
and creates a vision for tomorrow.*

- Author: Melody Beattie

I was also thinking about: We not only need to be grateful for our own blessings, but we need to express our gratitude to those around us.

Quote:

Feeling gratitude and not expressing it is like wrapping a present and not giving it.”

- Author: William Arthur Ward

Some interesting statistics from a 2002 Public Agenda survey;

48% of adults expressed only "**sometimes**" did they encounter people who made an effort to say "please" and "thank you"

And...

16% of these adults said they "**practically never**" encounter people who made an effort to say "please" and "thank you”.

Here are 4 things we can do to help our "GRATITUDE reflect in our ATTITUDE":

#1 Take the time to express gratitude and appreciation, to the people around us each day

#2 Literally, Count all of the good things that happen each day

#3 Write down 5 of these good things that happened the day before, in a journal each day

#4 Go back to #1 and start again each day

Quote:

It is impossible to feel grateful and depressed in the same moment.

- Author: Naomi Williams

Why is it important to write down all the good things that happen every day in a journal?

Because we have a tendency to **dwel**l on the bad stuff and we easily **forget** the good things that happen; we need to **have a daily reminder** of all the good things that have happened in the past so we **stay positive** and **focus** on all of the good things that are going to happen today, and... in the future.

*with love,
Tammy Taylor*

Psalms 9:1-2

I will thank you, LORD, with all my heart; I will tell of all the marvelous things you have done.

I will be filled with joy because of you. I will sing praises to your name, O Most High.

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