

Forget about your complaints, focus on your gratitude.

When times get tough, everyone has to make a fundamental decision: to complain or to be grateful. In an environment where negative sentiment is rampant, the consequences of this decision are much greater. Complaining only attracts negative thoughts and people. Gratitude, on the other hand, creates the opportunity for the best thinking, actions, and results to emerge. Focus on everything that you are grateful for, communicate this, and open yourself each day to the best possible consequences.

Our brains are hard-wired to focus on negative stimulus. Our operating systems evolved this way for good reason: to keep us out of harm's way. After all, a tiger hiding in a bush is more important to take note of than the beautiful landscape around it. But in a world where our brains react to (and retain) the negative, our society has organized itself to capitalize and magnify the bad. Negative news sells. Social media loves to spread things that went wrong. No one likes to share gossip about things people did right.

Succeeding in the midst of this reality requires intentionally retraining our brains to pay attention to the good in our lives. Typically there is much more of it than we realize, and the simple habit of writing down the good things we are grateful for can retrain our eyes to see the world through a different lens.

Focus on your gratitude: Action Steps

Each day when you wake up, write down three things you are grateful for.

Start now by writing down three things you are grateful for and why.

1.

2.

3.

Resources to Consider

Check out [‘The Happiness Advantage’ by Shawn Achor](#).

Go read Shawn’s book about positive psychology and how happiness fuels success, not the other way around.

& watch “The Happiness Advantage” TEDTalk on YouTube

Shawn’s TEDTalk argues that rather than working hard in order to be happy, happiness inspires us to be better and more productive workers.

bitly.com/mindsetgratitude





Focus on your gratitude: Worksheet

APPRECIATING YOUR LIFE	APPRECIATING PEOPLE'S ABILITIES	APPRECIATING YOUR OWN TALENTS
List five things you're most grateful for in your life right now.	List five people who have Unique Abilities you appreciate.	List five qualities you are known for.

APPRECIATING OPPORTUNITIES	APPRECIATING YOUR GROWTH	SHARING YOUR GRATITUDE
List three opportunities in your life you want to take advantage of.	List three qualities you want to develop over the next 12 months.	List three actions you can take to share your gratitude with others.