

The attitude of gratitude

How many times a day have you stop to think about the moments, situations, material or immaterial things that you appreciate and are thankful for? Not many people take the time or sometimes just forget to take a moment just to meditate on their lives and appreciate all the aspects of it like for example when you wake up in the morning just appreciate the fact that you woke up and have another opportunity another day to do your best, or after eating a meal appreciating the fact that you can nourish your body with food, or at the end of the day appreciating the fact that you get to rest and restore your body.

When we think about it, in every aspect of our lives we have an opportunity to appreciate and be thankful for, even those situations or things that don't seem to be pleasant or situations that trouble us, represent an opportunity to be thankful. In the midst of chaotic situations, when we face challenges we have an opportunity to get to know ourselves better, know what we're capable of, our strengths, how we're able to succeed or how we learn from our mistakes, an opportunity to grow and be the best version of ourselves at any moment.

One of the great Yogis, Yogi Bhajan said "Appreciation is an art and a lifestyle and a source of happiness and fulfillment. It's called gratitude—an attitude of gratitude."

Living a life with an attitude of gratitude not only will change the way you see life every day, in appreciation for every moment and everything but it will give space to be happy, to experience joy and invite you to enjoy more moments in your life. Try making part of your daily routine waking up appreciating the new day and/or finishing the day in gratitude for all you experience.